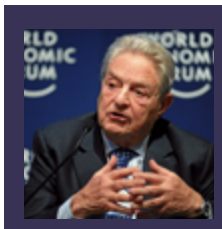
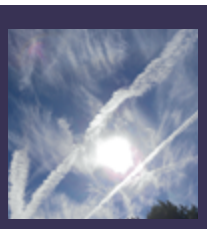
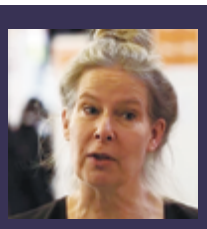


News
Net Zero: The George Soros connection
Page 3



Skies
Modification of the weather is becoming obvious
Page 4



International
Expert's call to stop vaccine passports ignored
Page 16

Health
Fluoridation of water believed to lower our IQ
Page 21

The Uncensored Truth

TheLIGHT

ISSUE 45 Monthly

A FREE TRUTHPAPER

www.thelightpaper.co.uk

Parliament does not have sovereignty

The fight to re-establish an independent judiciary Page 5

Governed by WHO?

by **DARREN SMITH**

Pandemic treaty would remove our bodily autonomy and surrender all power to the WHO

LATER this month, in Geneva, Switzerland, 148 countries will gather for the World Health Assembly, to vote on proposals to update the International Health Recommendations for all countries and sign what is dubbed 'a worldwide pandemic preparedness treaty'.

This will give the World Health Organisation (WHO), a governing body already with immense influence and funding, even more power over our lives and of course, even more funding.

To anyone that is still not aware of two very basic truths of life: no disease has been proven to be contagious, and therefore no vaccine can protect against them. Further, all vaccines have been proven to be harmful and known to sometimes cause death, yet the governments of the world want to mandate that you have them.

Though much language has been temporarily changed and concessions made, they ultimately want the legal power to force you to be injected with whatever experimental drugs they say will combat whatever fake pandemic they declare, and use their global disinformation system – also known as 'the media' – to create the illusion of a crisis, to frighten people into complying and insisting everyone else complies too. This would be totalitarianism.

Artwork: Bob Moran - www.bobmoran.co.uk

While some UK politicians have declared that they will never cede national sovereignty to the WHO, not having the treaty in place last time did not stop these clueless representatives from locking us down and pushing dangerous jabs on people; and many still are.

The Coronavirus Act 2020, and particularly Schedule 21 of that voted-for legislation, gave health staff and police the legal right to force their way into your house and quarantine you and your children. There was also a provision to inject people against their will.

And despite the schedule being withdrawn in October 2021, it can be made live again at any time under the Public Health (Control of Disease) Act 1984, which gives ministers the power to make regulations to combat a disease outbreak.

Until it is repeated common knowledge that all vaccines are poisonous, these politicians, at national and international level, will continue to seek to both control and harm us, and continue to use fear and propaganda to manipulate the majority into complying with their evil acts.

This treaty should not be agreed to, and should not be ratified by Parliament. Pressure your representative and tell others to do the same to make sure we don't lose even more of our freedoms.

Health is an absolutely personal, individual decision, but they are trying to move it as far away as possible from us, and whether we accept the premise or not, forcing us to accept medical interventions is against the Nuremberg Code. Only together can we stop this.

- ***Read about the Parliamentary debate on excess deaths on Page 6.***

PEOPLE FUNDED - PLEASE SUPPORT US - PASS ME ON

Newspeak used to smear *The Light*

by **DARREN SMITH**

They cancel our events, attack political meetings and damage property but brand us as fascists

THE management of people's perceptions is vital if you want them to think a certain way; such as to consider your enemies as their enemies.

In the 1930s, Germans were told to consider Jews as rats and vermin, othering an entire section of the population through the use of propaganda and perception management.

When the establishment wants to attack its enemies today, it uses language in the same way to 'other' them, so in the minds of the public, any attack is justified, even when it is based on outright lies.

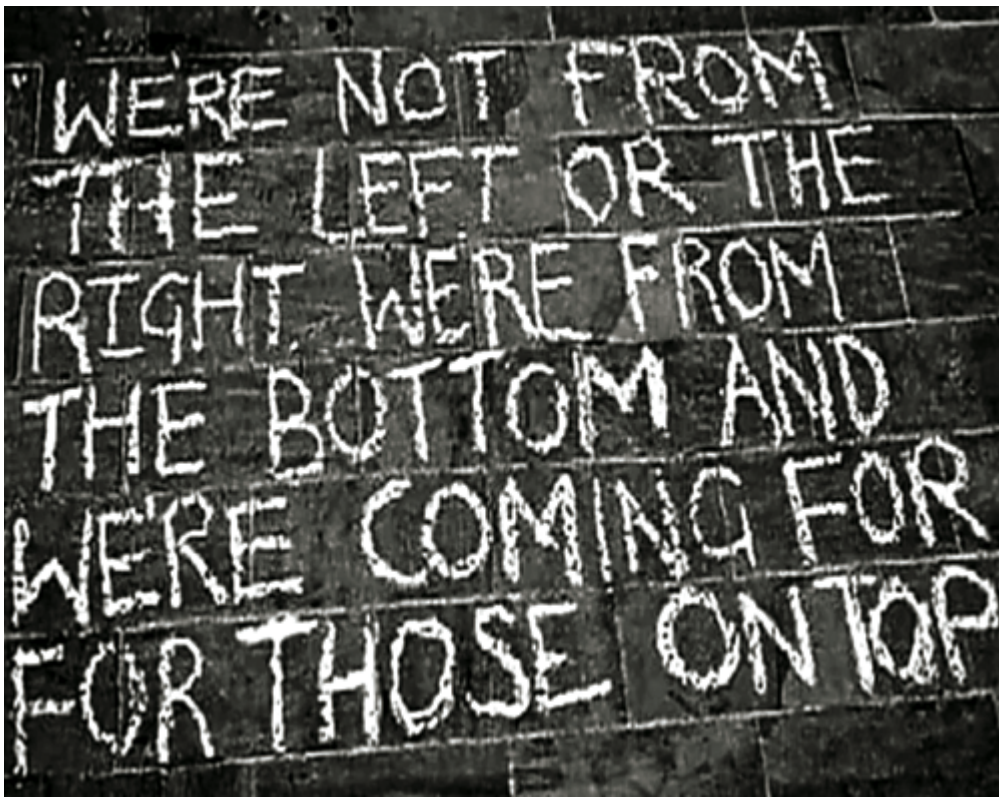
More recent examples are the disgusting treatment of football fans following the Hillsborough disaster, so the grave mistakes of the police and other officials were overlooked and it is implied that the victims somehow deserved it.

Even decades after the tragedy, some still believe the fans were responsible.

Almost all false flag attacks also work in this way: a terror attack is staged, and the emotion is amplified and reinforced until any response is justified.

The so-called War on Terror following the staged demolition of three World Trade Centre buildings and the no-plane attack on the Pentagon on September 11, 2001, is an obvious example.

Another is the October 7 'surprise' Hamas attack last year, which has led to the destruction of Gaza and the deaths of tens of thousands, about half of whom were children.



The Light's stance is black and white

If you read those paragraphs and are now incensed, then you have been emotionally manipulated to do so: even at the surface level, the death of 3,500 does not justify the killing of untold millions more. Are we all one people in a 'global village' or not?

There is nothing civilised about any aspect of war, but the media and the politicians defend their abominable acts with the justification of revenge on some enemy of the people. Once they have created resentment towards their enemy, the public will support them in their attacks.

Alarmingly, many have read of Orwell's 'two minutes of hate' in *Nineteen-Eighty-Four*, with the imaginary Emmanuel Goldstein made the focus of the public's anger. But most do not seem to recognise our very own governments and media doing the same thing today.

Those who oppose the plans for a highly restricted and digitally controlled world must be labelled in whatever terms will 'other' them in the minds of the public, who will almost always take what they are told at face value by (perceived) authorities; because who has the time to investigate every piece of information they are told? Constant repetition is key too.

The campaign by radical leftists to smear this newspaper – and the vast number of people who value freedom and the absolute rights of the individual – as 'racist' is very easy to prove as a lie: there is no evidence of it in our publication. We simply do not 'other' anyone the way the establishment and its minions 'others' their opponents, including us.

But whereas in the playground lies and insults don't matter, in the grown-up world there are real consequences. Artist, Bob Moran, has had shows cancelled, as have *The Light* and many others who just wanted to hire a venue for their own audiences – the people who want to pay to come. Since when did venues become political?

The smear campaigns, initiated by the establishment with its unlimited funds, and carried out by armies of useful unthinking idiots, are helping to shut down perfectly lawful shows and meetings – and they genuinely believe they are fighting tyranny by doing so.

But where there is loss of earnings there is also a claim, because lying about people and then causing them to lose business is causing harm and loss to others – an actual crime, as opposed to imagined or emotional crime, where someone doesn't like someone's opinions, thoughts or beliefs.

Others, including elected politicians, have called for our free, lawful newspaper to be banned, or to prohibit it from being distributed. Again, totally reminiscent of 1930s Germany, Soviet Russia, etc.

It is highly likely that every enemy you have ever been told to hate was against the establishment in some way, and had to be smeared and othered in order for the state to justify its attacks and destroy them.

Their operation is simple: if someone is telling the truth, lie about them.

We challenge anyone to comb through our 45 issues and to find anything hateful or racist contained therein.

TheLIGHT
May 2024 The Uncensored Truth

Distributed independently to remain fiercely free of the establishment we seek to hold to account.

Original content is Creative Commons, 2024. **thelightpaper.co.uk**
For all subscription issues, please contact:
subscriptions@thelightpaper.co.uk
For all distribution and pre-orders,
please email: **lightdistribution@mailbox.org**
For advertising enquiries, please contact:
ads@thelightpaper.co.uk

Editor: Darren Smith **Sub-editor:** Harry Wundas
Layout: mi.ki **Distribution:** Cath Swann & Matt Smith
Advertising: Nicola Kelly **Subscriptions:** Ross & Rebecca Pename
Proofreading: Tracy S, Steve H, Shane F, David K, Jerry R, Alan I, Stevie M

Special thanks to every one of our distributors and hubs who volunteer every month to bring you the uncensored news.

To keep our paper FREE is not free - you can help by ordering advance copies, donating or subscribing at:

https://thelightpaper.co.uk

"Humans are born with different capacities. If they are free, they are not equal. If they are equal, they are not free."

- Aleksandr Solzhenitsyn

Net Zero: The Soros connection

Money trail leads to politicians pushing the climate con

by **NIALL MCCRAE**

CLIMATE crisis sceptics often refer to a manipulative 'green blob' that controls our institutions. Whenever a radical policy is announced, we are told to follow the money.

This may be true, but financial incentives do not adequately explain why the powers-that-be are determined to diminish our quality of life. Undoubtedly, the pseudoscientific dogma of anthropogenic climate change has led to a massive redistribution of wealth from the ordinary people to the elite, but money isn't everything.

Hungarian oligarch, George Soros, gained notoriety in Britain in 1992, when he made a fortune by shorting on the pound, causing the UK to leave the European exchange rate mechanism. Soros was dubbed 'the man who broke the Bank of England', and the Conservative government lost its reputation for economic management.

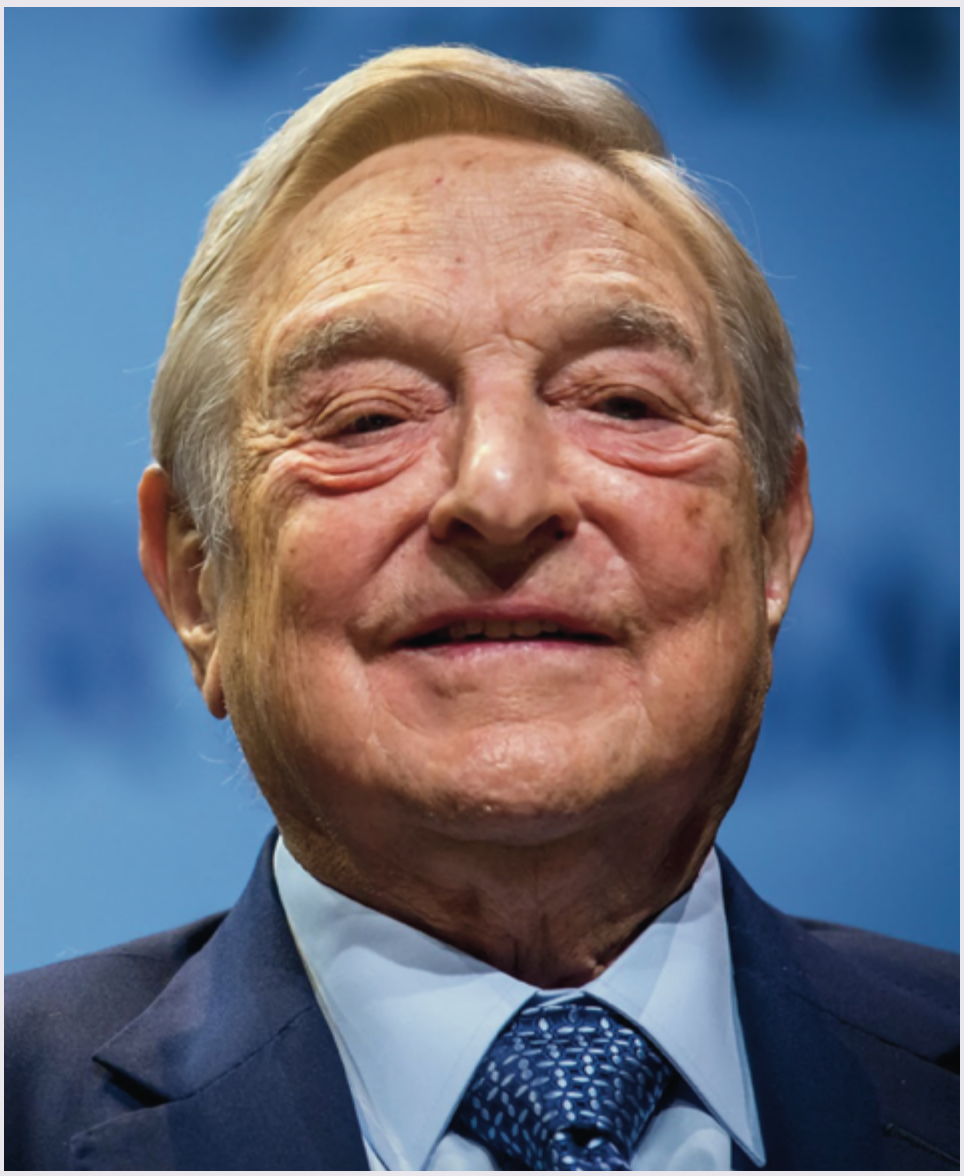
Meanwhile, Soros was influencing governments across the world through his Open Society Foundations. Although he is associated with open borders and 'woke' identity politics, he has also had a major impact in pushing the Net Zero agenda.

In April 1996, Tony Blair, preparing for power, visited New York and Washington. As well as members of Bill Clinton's administration and newspaper editors, he met Soros for private talks at the New York Plaza Hotel.

This relationship culminated in the Climate Change Act 2008, with its stupendous target of 80 per cent reduction in carbon emissions by 2050. Blair's environment minister from 2006 to 2007 was David Miliband, who wrote the bill with Soros's guidance.

David and brother Ed are sons of the Marxist scholar, Ralph Miliband, and Soros took them under his wing. After Blair gave way to former Chancellor of the Exchequer Gordon Brown, who became Prime Minister in 2007, Ed was given ministerial charge of the renamed Department of Energy & Climate Change.

When the Climate Change Act was passed in October 2008, snowfall had given a white coating to Westminster Square. The irony of the unseasonably cold weather was lost on MPs on both sides of the house, who voted almost unanimously for a law to prevent global warming, which went much further than the EU target of 50 per cent carbon reduction.



George Soros

Ministers, if not backbench MPs, must have known that this legislation would cause serious social and economic harm, but the deadline was decades away. Instead, public attention was grabbed by the global financial crisis. Brown was congratulated by Soros at the G20 meeting in 2009 for saving the world by quantitative easing.

After Labour lost the general election in 2010, the brothers David and Ed Miliband competed for the party leadership, with the less charismatic, but supposedly more socialist Ed surprisingly winning. Having prepared the Climate Change Act 2008, David took the highly lucrative position of CEO of International Rescue, a refugee charity in New York, largely financed by Soros. After leaving office, Blair made millions through Soros for consultancy work.

Prime Minister, David Cameron, gave his blessing to the Climate Change Act, having changed the Conservative Party logo from its patriotic flaming torch to a tree. On resigning, after his failure in the EU referendum, Cameron was appointed to the board of a Soros-funded organisation.

Soros contributed to funding for the Conservative think tank, Bright Blue, which recommended mandating Net Zero to Cameron's successor, Theresa May, who willingly obliged.

Hardly a great orator, May began a long series of $125,000 speeches booked through the same Washington agency used by Blair. Prime ministers Blair, Brown, Cameron and May omitted mention of Soros in their memoirs, despite their close contact with him.

The 2008 statute created the Committee on Climate Change, removing policymaking from democratic process. The first chairman was Lord Adair Turner, who later led Soros's Institute for New Economic Thinking, and subsequently was appointed as chairman of the Energy Transition Commission.

Steven Fries, a current member of the Climate Change Committee, is a senior fellow of the Institute for New Economic Thinking. Piers Forster, acting chairman of the Climate Change Committee, is an 'agenda setter' at the World Economic Forum.

Christopher Stark, CEO of the Climate Change Committee, previously worked for Soros's ally, Gordon Brown, and he was recently appointed as CEO of the former prime minister's Carbon Trust. After publication of his report, *Economics of Climate Change* in 2006, Lord Stern went on a speaking tour with George Soros, demanding hundreds of billions of pounds from Western governments to avert ecological disaster.

Another key figure in the Soros connection is Polly Billington. In 2016, Billington founded UK100, which declares its mission as 'local-led rapid transition to Net Zero', moving farther and faster than national targets.

Over a hundred councils have joined the scheme, usually without consulting residents. Back in 2007, Billington was a special advisor to Ed Miliband's policy unit, and she is tipped for a ministerial appointment by globalist, Sir Keir Starmer, whose Labour Party is sure to gain power later this year.

Billington resigned as leader of UK100 to stand for election in the Kent constituency of East Thanet.

The climate change agenda is a deceitful means of creating a two-tier society, reducing the majority to neo-feudalism. Soros has used the tactics of Cultural Marxism to destroy traditional society, funding divisive campaigns such as the Black Lives Matter frenzy, and promoting mass immigration.

He has given big bucks to the Democrats, boosting the presidential campaigns of Obama, Clinton and Biden. He is protected by the influential Anti-Defamation League, which smears any criticism of him as antisemitic.

In the twilight of a long life of global influencing, Soros handed his $25bn portfolio to his son Alex, who became chairman of the Open Society Foundations in 2022. Interviewed by the Wall Street Journal, Alex Soros declared himself as 'more political' than his father. Starmer and Soros junior will be a powerful duet at the vanguard of the 'Great Reset'. Prepare for a bumpy ride.

Storm brewing over geoengineering

Activists win weather manipulation battle in U.S.

by **JAMES HENDERSON**

FOR those who scoff at the concept of weather manipulation, they need do no more than look up to the skies to have their minds changed.

Consider these terms: geoengineering, solar radiation management, chemtrails, stratospheric aerosol injection, High-frequency Active Auroral Research Programme (HAARP) , Next Generation Weather Radar (NEXRAD), (DEW) Directed Energy Weapons.

All the above – and there are more – are references to the government-backed programmes of weather manipulation.

'He who controls the weather will control the world,' said Lyndon B. Johnson in 1962. He became the U.S. president a year later, after the assassination of John F. Kennedy.

What does all that mean and should we be concerned about it?

It means the deliberate manipulation of the weather, and we most definitely should be concerned about it. We are seeing increasing forms of very extreme weather with devastating results.

Even as far back as 1952, there were the terrible Lynmouth floods that killed over 32 people. And it was admitted by the RAF at the time that they carried out a 'cloud seeding' experiment a few days before the torrential rain came. The following year, there was the appalling tragedy of the east-coast tidal flood that resulted in over 300 deaths. It must be asked: how many more tragedies have they caused across the world since those early days?

Governments will claim, erroneously of course, that there is a climate crisis and that the climate is changing. There is no crisis and the climate is not changing in the way they say it is due to man-made interventions. What they are doing is manipulating the weather and then claiming it is man-made climate change to hasten in their destructive Net Zero schemes.

Although every government denies the existence of these weather manipulation systems, it is absolutely evident it is happening due to the daily sightings and recordings of planes that are stalking the skies across the world, spraying extremely dangerous toxic chemicals.

Aluminium, barium, manganese, strontium and graphene are all regularly deployed by government-owned planes, NATO, UN, and private companies.

People ask why they are doing this and it really is very simple: they want to control the weather to cause the maximum damage to the food supply. And even more sinister is that they are doing this to harm humans too. Aluminium is a known brain toxin that, among other things, can cause dementia.

Weather manipulation has been going on for at least one hundred years and since the early days of the last century they have been perfecting the nefarious art of geoengineering. Particularly over the past four years, there has been a very significant increase in spraying and the use of high frequency emissions.

Campaigners managed to secure a vote in the state senate of Tennessee to ban geoengineering programmes and the spraying of toxic chemicals in their skies

The weather has been so extreme that farmers are suffering the consequences of this with the devastating loss of crops and their fields submerged for months in rain water. Not only is this causing flooding, but there is also the toxic impact of the weather manipulation – heavy metals that are falling from the sky and into the soil and water. These heavy metals are poisoning the land.

But the fightback is here.

All across the UK and the world, there are hundreds of thousands of people who have had enough and want to see action taken to put an end to this.

Recently, after a hard-fought challenge, activists managed to secure a vote in the state senate of Tennessee to ban geoengineering programmes and the spraying of toxic chemicals in their skies. This was signed into law by the state governor. Several other states are following this path too.

In the UK, there is a group called Anti GeoEngineering Scotland. From this group, a committee has been formed to take forward a series of actions to challenge the government and to raise public awareness. A massive amount of information and evidence has been personally handed in to the Scottish government, MSPs, UK MPs and the UK government.

As part of this awareness raising, the committee organised a successful gathering in Edinburgh in March. This was the first of a series of gatherings that will be held across Scotland, and the next one is on Saturday, May 25 at noon on Glasgow Green in Glasgow.

We want as many people as possible to attend. There will be singers, poets, speakers, and we are delighted to welcome back from the USA, Matt Landman, activist and director of the excellent documentary, *Frankenskies*. You can see this documentary here: www.frankenskies.com

There can be no doubt that the geoengineering weather manipulation programme is being done with evil intent, and the public must wake up to this fast.

- ***The Tennessean: https://tinyurl.com/48nmasvv***
- ***NBC News: https://tinyurl.com/2y8dvhwz***
- ***John Fleetwood: https://tinyurl.com/bdcmd3fh***
- ***Anti GeoEngineering Scotland: https://tinyurl.com/av3sk4dj***

Battle for separation of powers

Conversation with Marc Horn and Lance Peatling from Peace Keepers

by **DARREN SMITH**

Marc: There's one simple problem: the courts are submitting themselves to parliament. They think that parliament must tell everyone what to do. But legislation is not law and parliament cannot tell you what to do. There is no evidence we have an obligation to pay taxes. The only reason it works is because they have a monopoly on violence, so they can go against their own laws and commit fraud, physical coercion and theft. There's nothing lawful about it, they are just mafia. When people understand that, that's it.

You have a right to tell others what to do when you can see them doing harm. You have an obligation to stop other people doing harm. Law being duties, rights and obligations. Because if you don't intervene when you witness someone harming, you are actually breaching the peace and causing harm. So we have the duty that we don't breach the peace, and a duty to intervene when we see harm being caused.

Lance: If someone's misbehaving, they will continue misbehaving until someone comes along and says 'this must stop'. The ethos of Peace Keepers (PK) is we're the people who come along and say 'stop'. Not that we have the key, or the truth, but we're saying 'you need to stop until you can prove the right to continue'. That's the question we're trying to elevate – both in discussions of law and hopefully all the way to the Supreme Court. We've been unable to find evidence to support their belief system. So we're trying to say to activists, reverse your position – rather than argue a point, ask them: on what basis are you acting? We change our approach from one of arguing another position, to one of evidencing the position that they come from.

Marc: The problem is this: he who makes the claim must prove it, and everyone is innocent until proven guilty.

So, in their rules, they have duties, and they are very easy for us to evidence, because we can pull out the legislation and say 'in accordance with this, you have a duty to uphold our rights!' So it's changing the mindset and making it much easier – not 'I have rights!' but 'you have duties!' A lot easier to prove, as opposed to me having to prove my rights.

These subtle changes are making a difference. With a court there is a checklist, so, when appearing for council tax, I recorded the events and wrote the chronology of the proceedings, pointing out which duties had been breached. I named the people, the judge phoned the legal advisor on the case to ask, and they confirmed it. Therefore the judge had no choice but to throw out the liability order.

Lance: What's important is that there are various levels going on. There's a lot of misunderstanding about what we're doing at PK. The council tax challenge – Nocnoc (No Obligation Challenge) on our website – is the easiest and cheapest way to get into court. We're forming a charity with two intentions: to become public interest law advocates, so we will become public interveners in the court; and to raise funds so that those who are willing to take on the challenge will not lose out on costs should they lose.

By virtue of every loss, we are slowly but surely learning.

Marc: We now have a core group of five and we know where we're going – educational materials first, because all progress is through knowledge. Then the word spreads – I don't want to force people into coming, they need to want to do it.

Lance: We're quite clearly in favour of a judiciary and we're for the rule of law. The problem is, we haven't really got it, but the judges themselves are slowly beginning to realise that they are under attack.

Marc: We're trying to give them the tools to do their jobs properly. Separation of powers means that the legislature and judiciary are independent, but the biggest party rules parliament and judges bow down.

They've been pushing this idea of 'judge-made law', but after the Glorious Revolution of the 17th century, the conflict regarding who is sovereign was settled. We are all subject to the rule of law, and the judiciary are independent – parliament can't tell us what to do, government can't tell us what to do, and they themselves are constrained by the law.

Democracy has given the executive the political cover to say 'people vote for us, so we have legitimacy!' – that is why the judiciary has been afraid to do its job properly. The judges and the government are subject to the rule of law, just like you and me and everyone else. That will help them do their jobs properly, but the legal profession won't do what we do, because they won't have a monopoly anymore – 90 per cent of them will be out of a job, and that's where it's going.

Lance: Let's stop being afraid of proclaiming exactly the ground we're standing upon. We're looking to uphold the rule of law. Because they haven't properly examined it, they haven't understood it, therefore they cower in front of our judiciary, our system, our mode of governance.

We're learning the real rules of the game and we're standing upon them because they're clear and rational. The only way people are going to get to that point is if they start doing. The reason we have the Nocnoc challenge – we're not saying 'we're not paying', we're saying 'prove our obligation to pay and we'll pay'. It's like any other dispute. It's the simplest way for anyone to get themselves into court. We need to get into court so we can get the argument heard and elevate it through the system, with the firm demand to prove their claims.

- ***https://noc.peacekeepers.org.uk***

If you want to help spread the uncensored truth

...then please pre-order advance copies of

The Uncensored Truth
TheLIGHT

each month for your group, town or community:

25 copies for £10
100 copies for £20
200 copies for £25
500 copies for £50

www.thelightpaper.co.uk/bulk-order

MPs debate deadly jabs

by **EILIS JORDAN**

ON Thursday April 18, Andrew Bridgen stood up in the House of Commons and delivered an historic speech to open the long-awaited debate on the response to excess deaths following covid-19 and the response.

There were just 16 MPs present.

Whatever you think of Bridgen, he gave a damning account of the effects of the covid jabs, and the packed public gallery erupted into spontaneous and thunderous applause after his speech – and were swiftly told off by the Speaker of the House for doing so.

I was there, and it was a momentous occasion. It wasn't only Andrew Bridgen's speech that was damning. There were many nuggets of truth revealed, to which there was very little meaningful response.

And this excellent 2.5-hour debate is now all on the public record (see link below).

For a start, it was deemed 'beyond doubt' that the covid vaccine has caused deaths and other serious injuries. This is evidenced by the fact that the government's own compensation scheme for vaccine damage injuries has paid the maximum compensation possible (£120,000) to 163 people for serious, life-changing injuries after the covid vax.

And the scheme is far behind in assessing vax claims. There have been more than 9,000 claims so far.

Another damning fact is there have been more than 480,000 reports of adverse effects from the covid jab on the MHRA's Yellow Card reporting system since it was introduced in 2021 (including fatalities) – more than all reports for all other vaccines combined in the previous 20 years.

Then there is the fact that Maria Caulfield (Under Secretary of State at the Department of Health and Social Care) herself admitted that 'no vaccine is 100 per cent safe.' There was a sharp intake of breath from the gallery at that admission. Doesn't this make a mockery of the government's 'safe and effective' campaign?

Regarding the testing of this experimental vaccine, the Alba Party MP, Neale Hanvey, who has a background in the management and delivery of clinical trials, said there was no longitudinal data (repeated observations over an extended timeframe) in accessing the covid vax safety.

This was because the pharma companies vaxxed the placebo group after eight weeks.

Dr Kieran Mullan from the Conservative Party responded by saying, "We do not typically use longitudinal studies, and that vaccine trial was done by using a lot of people in a short space of time to create the same amount of evidence." This drew perplexed looks from the gallery.

Neale Hanvey also stated that the vax has been discovered to be oncogenic (cancer-causing) by the U.S. research scientist, Kevin McKernan, and other scientists have confirmed these findings. They are contaminated with plasmid DNA, which was not listed in the ingredients supposed to be in the vax.

He added that Professor Angus Dalgleish, University of London Professor of Oncology, and principal of the Institute for Cancer Vaccines and Immunotherapy, has stated that the UK government and their agencies are 'in serious denial' regarding the 'various serious and sometimes fatal consequences' of the spike protein produced due to the mRNA jab.

The professor was quoted as saying that it 'constitutes medical negligence because the facts are there for all to see' and that 'all mRNA vaccines must be halted and banned now'.

The professor would have attended the debate but was instead speaking at a conference in Berlin on this subject.

Another important point made was that the way that excess deaths are calculated by the ONS was recently changed by the government, so that the statistics for 2023 are not comparable with the figures before this time.

Therefore, excess deaths are even higher than the 5 per cent indicated last year using the previous metric, at a time when excess deaths should have been in the negative, so long after the pandemic was over.

Danny Kruger from the Conservative Party said the previous ONS method of accounting for excess deaths – of taking an average over five years – had 'led to an exaggeration of excess death numbers during the pandemic.'

When it comes to the nature of excess deaths, Andrew Bridgen revealed that fatalities due to heart disease have increased significantly in the young to middle age bracket since the covid vax was introduced.

This concurs with the spike protein not staying in the arm but travelling all over the body and forming clots. Clots in vessels around the heart cause heart disease. Clots around the lungs and brain cause strokes.

On the same point, Sir Christopher Chope quoted U.S. cardiologist, Dr Thomas Levy, as stating last year that, on his estimate, 'vaccines are causing heart injury in at least 2.8 per cent of people who receive the covid injections'.

The government was also questioned on why data regarding the numbers of deaths in those vaxxed versus unvaxxed are no longer being released by the ONS to the public, only to the pharma companies. The government responded that this is because this data might be 'misused' if released to the public.

It was also stated a number of times that Module 4 of the covid public enquiry, which deals with the vaccine, has been put on hold until next year. And most agreed that further research needs to be done into the issues raised.

Despite all of the above, the government and Labour Party opposition representatives at the debate both stated in conclusion that the benefits of the vax outweigh any risk and that the vax rollout should continue.

- ***The documented debate: https://tinyurl.com/ysdmp6he***

Artwork: Bob Moran - www.bobmoran.co.uk

Maria Caulfield (Under Secretary of State at the Department of Health and Social Care) **herself admitted that 'no vaccine is 100 per cent safe'**

Democracy is dead

Animated film exposes futility of voting

by **HENRY WIDDAS**

IF you were in a rigged game of poker, or football, or any other pursuit, would you continue to participate in it?

Most of us would probably say no, but what if we thought this pursuit dictated the boundaries of the world we live in?

The game would still be rigged but you might think you have some influence over an outcome to make life a little more tolerable.

And that thought process is why so many people still vote - they are looking to promote the lesser of two evils, whether it be left or right.

But by participating they give the voting system legitimacy. And, following on from that, it gives legitimacy to our globalist-controlled governments that rule over us.

In principle, democracy is a valid method for establishing laws and social structure, but, like any method of governance, it is open to corruption.

When democracy was born in Athens, some 500 years before the birth of Christ, little did those first voters know that the whole system would be hijacked by human-hating technocrats financing both the left and right of politics.

And yet most of us in the world today are still not aware of the fact that democracy is dead.

We may well believe that our preferred candidate is under the influence of party politics, or that our party of choice is not always acting in our best interests, but we will still vote to block the other more-hated side from winning.

But what many people do not understand is that voting for either side ensures our continued slavery and powerlessness to stop wars and the erosion of our freedoms.

This is illustrated beautifully – and disturbingly – in a 12-minute animated film called *The Jones Plantation*.

To stop an uprising among the slaves, a U.S. cottonmill farmer gives his workers a choice of being managed by either Mr A or Mr B. Mr A will be allowing more gruel at dinner, while Mr B will allow for a slightly earlier finish to the working day.

And so the uprising is quelled and the slaves continue working, now under the illusion they have control over their own lives.

But one slave, Samuel, is switched on to the ruse and he tries to warn the others that by voting for Mr A or Mr B they are ensuring they remain trapped as slaves – as neither Mr A nor Mr B offers anything that will free them from their predicament.

But so powerful is the illusion of choice given to the workers that they brand Samuel as dangerous, and he is flogged to death for daring to try and take away their democratic rights.

If you vote in the general elections, be under no illusion that this means you are living in a democracy.

Whether you vote left or right, technocracy and transhumanism will continue to emerge, perhaps at differing speeds, but the ballot box will not stop it.

The solution is to just say no to the party system. If enough of us do it then the rigged game is de-legitimised and a non-party-based democracy can be formed; something the Athenians from 2,500 years ago could be proud of.

- ***The Jones Plantation: https://tinyurl.com/mrym76fb***
- ***The Corbett Report interview: https://tinyurl.com/yz2ct6zf***

Subscribe and support us at https://thelightpaper.co.uk

Healthcare follows the profit

Greed and opportunism in world of medicine

by **SHANE FUDGE**

OUR mainstream health and medical systems are severely compromised by corporate greed, junk science, and arrogant disregard.

The news that the NHS is about to roll out a new variant covid vaccine as 'the virus continues to kill 100 a week' should come as no surprise to us.

The pharmaceutical companies have been profiting exponentially from such mass marketing techniques, and the mass rollout of their snake oil products – the Pfizer vaccine is the biggest selling drug in history.

But it is also apparent the last three years are just the tip of the iceberg. Whilst controversies have always been on the periphery of the pharmaceutical industry – the links between vaccines and autism, the opioid crisis, and thalidomide, for example – such incidences have, by and large, remained in the shadows.

Serious questioning of the pharmaceutical-medical nexus has either not been taken seriously, or it has been dismissed as conspiracy theory – both by an uninformed public, and of course by the medical profession itself.

But despite the multi-million-pound marketing campaigns, insider lobby groups, corrupt doctors and scientists, and mass censorship, it is becoming less easy for people to ignore, deny, or push things under the carpet.

The vaccination programme is now in its fourth year. Whilst we have repeatedly been assured that these medical interventions are 'safe and effective', global death rates have been consistently well above the baseline average during the whole of this medical intervention.

The elephant in the room is hammering on the door, prompting actions such as those of the Office for National Statistics (ONS) in the UK, where they have 'redefined' baseline calculations of how many people can be reasonably expected to die over a period of time.

As has been noted by interested observers, this process of data reinterpretation mirrors a similar practice in 2020, when figures were manipulated in the opposite direction to give inflated death figures.

Across a whole range of areas in modern health, more and more people are questioning the motives of the pharmaceutical industry as the self-appointed guardians of our health and wellbeing.

Health never was the main priority of 'healthcare'

Many argue that this kind of debate has been neglected in favour of a Cartesian-based healthcare system. The omnipresence of germ theory, for example, has been challenged by those who believe that environmental factors influence our health to a far greater extent than random biology, such as the quality of the air that we breathe, our diet, the water we drink, and the medical interventions that we may have had. Such issues (termed 'terrain theory') are now in the spotlight.

Investigative health reporter, Martha Rosenberg, argues that illness and disease appear to have been diagnosed on a far more frequent basis over the last 50 years or so. Could this be because ongoing scientific understanding and innovation has been used, not for the public good, but by drug companies to influence their supply chains and create favourable markets through new disease brands and more liberal diagnoses?

These are questions worth asking. Also worth asking, according to Rosenberg is: 'how many of the illnesses and diseases diagnosed during the period of time where pharmaceutical companies have assumed greater influence over healthcare, are not random biological phenomena – as orthodox medicine would have us believe – but are patterns which can be traced to social factors, contexts and environments?'

All of which brings us back to the vaccine rollout. Both the UK government Yellow Card Scheme in the UK and the Vaccine Adverse Effects Reporting System (VAERS) in the U.S. have officially documented side effects, and worse, from 2020 and the start of the vaccine programme.

Myocarditis, pericarditis, shingles, blood clots and strokes are some of the effects at the more severe end of the events. Then there is the fact that greater numbers of people of all ages have been dropping dead at an alarming rate. The pharmaceutical-medical juggernaut has pressed on undeterred. This latest variant joins the rest of them – a long queue which has never been isolated or even proven to exist.

It is interesting that the mainstream media narrative has now moved beyond weaponising the flu in order to incorporate the range of illnesses that have grown exponentially since December 2020. Cancer, heart disease, dementia, and shingles for example, have all increased at an alarming rate during this time.

As well as a way of normalising these increases in chronic illness and disease, there are now, of course, readily available solutions being offered by the pharmaceutical industry. Of course there are. We now have a cancer jab (which has suddenly appeared after 80 years of research), a shingles jab, and a vaccination for Alzheimer's disease will also be available shortly.

All of these interventions will likely be offered in addition to the annual covid boosters. Because of course, there are many more variants that are likely to appear. Just in case you miss out, local pharmacies have begun selling £99 covid 'do it yourself' vaccination kits; further highlighting the dubious intentions and motivations behind mainstream medicine.

If there is anything that measures the true decadence and lack of morality which now characterises the world in which we live, it is the obscene money-making machine which we used to think was something we should be proud of, and which had our backs when we were at our most vulnerable.

Instead, what we see is a set of purely profit-driven institutions which are not only creating ill health and disease but are also using these same activities as marketing and money-making opportunities.

No longer can we trust in our healthcare systems, or 'follow the science' as we once did; we now have to be aware enough to recognise these establishment threats to our health and wellbeing.

- ***The Mirror report: https://tinyurl.com/2ayxjud3***
- ***Pfizer's top selling 'medicine': https://tinyurl.com/2c69pujm***
- ***ONS refines method to estimate excess deaths: https://tinyurl.com/6hyknfa9***
- ***Germ theory vs terrain theory: https://tinyurl.com/mvn96p98***
- ***Boots to offer covid vaccines in England for nearly £100 a jab: https://tinyurl.com/2btezzr3***

Propaganda box on wall was lying

Stand In The Park Carshalton

by **ANDREW SEADON**

Finding forever friends through freedom fighting

IN March 2020, as a man nearing 73 and listening to the doom-laden government forecasts that 500,000 could perish, I feared for my life.

I checked that my will was properly in place for my much younger wife, preparing her for life without me.

I was totally taken in, and no way was I going to go against what was advised from the benevolent medical and scientific experts, who regaled me every day with the seriousness of it all from that box on the wall.

I insisted, upon a visit from my eldest, that we sit in the garden, socially distanced, of course, and certainly no physical contact.

I went on my daily walk, crossed over the road to avoid people approaching me, washed my hands endlessly, had my food delivered and sat indoors waiting for it to get me. Time stood still and so did my life.

There were signs that all was not what it seemed, but I studiously ignored them, still fearing for my life with a mind scrambled with the daily pounding from the media and government of increasing death figures and the exponential rise in cases.

First sign: my eldest son tells me: 'This is all nonsense. You are a fit man. It's no more than a bad flu.' I didn't believe him… he was just trying to make me feel better.

Second sign: the same son sent me some links to people I should read or listen to. I did read and listen, but those articles and voices were 'debunked' by 'fact checkers'. I believed the latter - I was one of the millions who allowed the basic instinct of fear to paralyse my critical faculties.

But, unaware as I was at the time, the seed had been sown and the turnaround slowly began, probably out of desperation to find some hope that I would survive.

I began to dig a little deeper during those long, dull days of lockdown and drew some hope that things would improve following analysis of data and reassuring words from the likes of Ivor Cummins.

I read with excitement about the development of a vaccine at remarkable speed and felt relief that this could stop the virus in its tracks, and, at the same time save my life.

Until, that is, I discovered that this new 'vaccine' featured a mechanism never before used on humans and which under test conditions had killed the animals it was tested on. My relief was short-lived and fear reigned once more.

I continued to read and research, but under peer pressure and a growing thought that surely the problem that killed all those animals would be solved before it was rolled out, I decided that, being in a vulnerable category, I would take that first shot.

Before the second shot was due, something told me not to take anything further. Maybe it was the relentless media and government pressure to 'act like you have it' and 'do your duty' that began to raise my suspicions that something was not quite right. It didn't really make a lot of sense; if I hadn't got it why would I be a danger to anyone?

What finally got me was the mention of vaccine passports which, if you had one, would allow you to partake in life, and if you didn't, you would become a second class citizen excluded from most of the activities that made life worth living.

I became angry. This is wrong, no one should be forced or coerced like this.

I was told by those closest to me that they had never seen me so angry and that I needed to find others who thought like me. I felt really out on a limb. Rejected by lifelong friends who said that as I was not vaccinated they would be uncomfortable if I spent time with them. I felt quite alone.

Little did I know that my life was about to dramatically change.

Quite by accident, as I was on the social media site, Next Door, arguing issues around the so-called pandemic and being pilloried from all sides because of my views, a stranger privately messaged me and said: "I agree with everything you are saying… have you heard of A Stand In The Park?"

And that was when I met up with the extraordinary people of the Carshalton Stand In The Park group in July 2021.

I met people who understood how I felt and had been through similar experiences like losing lifelong friends and feeling suddenly like outcasts, but with a fervent belief that we were being sold a lie. No social distancing here, or the wearing of masks and more importantly, no fear, and certainly no inclination to take the jabs.

In the succeeding weeks and months, I learned so much from this group that the world wasn't the place I thought it was, and seventy-odd years of thinking that those who purported to govern us were benevolent servants of the people was turned upside down. Instead, I learned we had officers of control keeping us in our place and quietly removing our freedoms.

I joined with them on the streets with yellow boards, and almost three years later I, with them, am still here on the streets twice a week, raising awareness of the dangers ahead and asking people to 'question everything', and giving them a copy of *The Light*.

It has been a steep learning curve for me, but I have truly had my eyes opened, and have met people that I probably would have never met before, and who now are the most precious friends I have ever had.

People who care passionately about each other and the cause of wresting back the freedoms we have been slowly losing for ours and our children's benefit.

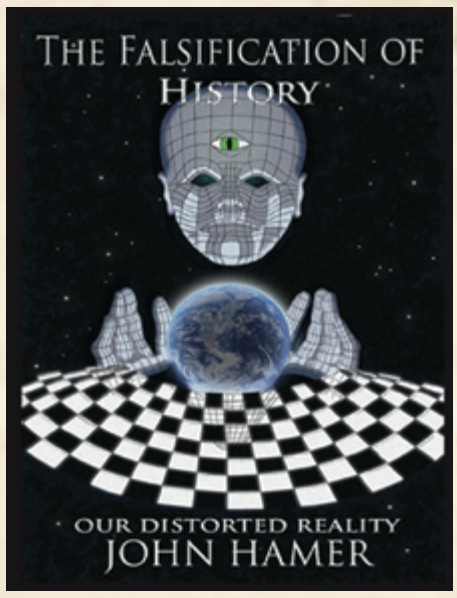
Thank you Stand In The Park Carshalton, for all you have given me and we will succeed.

- ***The Carshalton group meets on the high street every Thursday at 6pm and Sunday at 11am***

Official history: The greatest deception

Interview with author and historian **John Hamer** who will be writing on history's biggest events for ***The Light*** from next month

by **DARREN SMITH**



John Hamer, historian and author of *The Falsification of History*

D: Where do you get your information from? Why do you believe our history is not as taught to everyone in school? How do you know you're right and the mainstream textbooks are wrong?

J: As time has gone on and the censorship gets worse, the best place to find information is old books. I used to have a huge collection, and also use public library microfiches for old newspapers. They don't have to be big main city libraries either – many local libraries still have them, and while there are sites online, how long before they are edited and uncomfortable information is removed? If you can get your hands on old books, especially from the 19th century or before, that is a very good source, because there was much less censorship in those days.

D: Let's go through some major events in history and get your take on them. World War One?

J: The whole of the first half of the 20th century is so long and complex. The war had been in the planning for at least 20 years, and it was funded by the newly-founded Federal Reserve, brought about by a group of criminal financiers in America plotting against the government to usurp the creation of currency, aided and abetted by what happened on the Titanic.

Everything is intricately connected – it was the foundation of the Federal Reserve in 1913 that enabled them to fund World War One, because they were able to create money out of thin air using the Federal Reserve system.

The point of WW1 was to get rid of the European monarchies, which it did – at least most of them. Around 100 years before, the Rothschilds had been thwarted by European royals, and they swore bloody revenge on them. They had developed some predecessor of the League of Nations to remove borders but the monarchies stopped that. These people are very patient – they waited 100 years and they did it.

As we know, WW1 led to WW2 because of the absolutely onerous reparations that were foisted on Germany, and which they didn't pay off until 2009!

Germany was far too powerful and they wanted rid of it, and the rise of Adolf Hitler was a way for them to do that. Judea declared war on Germany in the early 1930s, and as well as the guerrilla attacks on Germans, Poland was making military excursions – the accord with Britain and France is well known.

The Balfour declaration was where Britain promised Palestine to the jews, which at that time was akin to India promising Wales to China, because at that time, Palestine was owned by the Ottoman Empire. The empire collapsed after WW1 so Britain took over Palestine and was able to fulfil its promise to the jews.

D: Wasn't it promised to the Rothschilds?

J: Yes, and they just use it as a base for their criminal activities. It's like a haven for criminals.

D: JFK?

J: I wrote a book called JFK: A Very British Coup in which I go into massive detail about that whole operation, which took a long time to research. One thing I did find out is the famous Zapruder film is a total fake from start to finish. It never happened in that way – it shows the car moving along and Kennedy's head exploding, but it never shows the car stopping at all. But lots of eye witnesses said the car stopped for at least 5 or 6 seconds, then the driver sped off. We don't see that at all. When you examine the frames, you can actually see it's an early form of CGI. Didn't come to light until 12 years after the event!

There were eight film crews filming that motorcade that day – what happened to that footage? At least five people had their movie cameras confiscated by the FBI on the day and they never saw them again.

The premise of my book is that it was a British Crown operation, involving Ian Fleming and Roald Dahl, who were both MI6 agents. Nobody knows the definitive truth, but Kennedy had upset a lot of the establishment – he'd threatened to smash the CIA, the FBI, the Mafia, the Cubans, the Catholic Church – all controlled by the City of London crown empire.

D: Guy Fawkes and November 5?

J: How did Guy Fawkes get hold of all that gunpowder? It was impossible to buy at that time, so where did he get it from? It was a false flag – the explosion was never going to happen. He was set up like Lee Harvey Oswald.

When James I ascended the throne, because of his mother ('bloody' Mary Queen of Scots), there was a massive campaign against his becoming king, because he was catholic and the country had turned protestant after Henry VIII. He used the gunpowder plot in order to turn public opinion towards him.

D: Princess Diana

J: She'd become a loose cannon, very outspoken against the Royal Family. She was taking their popularity, and public sympathy was definitely with her, so they had to get rid of her to shut her up. Lots of elements and circumstantial proof.

The reason I started researching truth was because we had some friends who had been in Paris that Bank Holiday weekend. When they got back to their hotel, they switched their TV on and saw the pictures of Diana walking into the ambulance. I saw them as well, though they've gone now. The first news reports that came out, Diana was walking to the ambulance.

The ambulance took over two hours to go two miles to the hospital. Why? All the esoteric stuff that went along with it as well. Then the paparazzi red herring – the leader found dead with two bullet holes then they set fire to his car, and it was ruled a suicide.

After resisting for ten years, the government finally held an inquiry, and the BBC reported it as 'accidental death' – a complete lie: the verdict was 'unlawful killing'.

D: Those that investigate modern events, like Richard D. Hall, are being hounded and they are trying to stop people investigating events. Could the world possibly be more Orwellian without people realising it?

J: The people that perpetrate these things are not stupid; they're not infallible, but they know exactly which buttons to press in the human psyche to fool us all. You can't fool all of the people all of the time but you can have a damn good go at it and that's what they do.

D: And the 10 per cent of us who can critically think are drowned out, and it's the same modus operandi every time. Early reports, eyewitnesses and footage are blotted out and an official version is created.

J: Well I didn't believe them about Diana at first; I was still a gullible normie at the time – but then I saw the same BBC footage with Diana walking into the ambulance. It was on the internet for a short while but it's impossible to find now, and I never saved a copy.

D: It's getting harder to investigate events now.

J: I've noticed a massive sea-change over the 27 years I've been doing this. At one time you could actually research things properly, but now everything is censored. Any controversial incident, anything that is open to investigation that they don't want you to look into, you've virtually no chance of finding the other point of view. So it's a very hard job now to investigate the truth, and especially if you're getting taken to court for it. I'm glad I started when I did, because I wouldn't have been able to do the work because it's all heavily censored now.

I think we will win it eventually, but whether it's in my lifetime or not, I don't know. I certainly hope so.

- ***John Hamer Official Channel: https://tinyurl.com/4nymjax4***
- ***John Hamer on Amazon: https://tinyurl.com/yxjfzv55***

Challenge doomsday religion

by **LEMBIT OPIK**

OUR liberty is in danger. To demonstrate this, let's venture into the surreal, quasi-religious world of environmental evangelism.

This doomsday religion embraces all four key elements of countless controlling creeds, summarised in one emphatic, four-part sentence: 'We are all doomed; it's all your fault; so repent… and be saved.'

I believe there is no global warming crisis. In my opinion, that's as close to a fact as it's possible for science to offer. Ironically, we may even be heading for a cooling period in the next few decades, due to something called a Grand Solar Minimum.

Regrettably, green fanatics and scientifically illiterate journalists have conspired to peddle a 'global boiling' con that owes little to climate science and much to sensationalist self-interest and ignorance.

Humans generate around 3.5% of total annual carbon dioxide (CO_2) emissions. All the rest – the other 96.5% - is naturally occurring. So if humans generated no CO_2 at all, the atmosphere would barely notice the difference. Secondly, you might think CO_2 makes up a huge proportion of the air. In fact, CO_2 is a trace element - roughly 0.042% of the atmosphere - or 420 atoms per million – and much lower than naturally occurring levels in the past.

Thirdly, it's claimed CO_2 is going up a bit - by about one part per million per annum. But compared to earth's history, CO_2 levels are actually worryingly low. Plants, which breathe CO_2 like humans breathe O_2 (oxygen), would grow better if CO_2 went up. If it sinks to below 150 parts per million - one third of its current level - plants will suffocate and die.

Then humans and other animals will also die - of starvation. Earth's ecosystem does best when there's lots more CO_2 than today.

Finally, even if CO_2 did triple, which I think is desirable, it wouldn't affect temperatures much. Most of CO_2's modest warming effect has already happened. We're almost at a 'saturation' point, where adding more carbon dioxide hardly adds any heating effect at all. Incidentally, the primary greenhouse gas is H_2O - water vapour – including clouds. H_2O does the greenhouse heavy-lifting, and stops earth turning into an uninhabitable 'snowball' - just as well, since life prefers green pastures to icy tundra.

CO_2 does add a welcome trace of warmth, but the main benefit is its fertilising effect for plants.

If I'm right about all this, why haven't more people heard this analysis? And this is why it's all a question of free speech. This sort of information tends to get cancelled.

You may disagree with some – or even all - of what I've written. Fair enough. If your data's better than mine, I will embrace your view – and publicly say I've done so.

But sadly, when invited to compare data, I find the global warming lobby runs scared. Eco-hotheads predict a human-caused hothouse and demand 'net zero carbon (dioxide)', while trying to cancel dissent.

'Warmists' resort to personal attacks, emotional outbursts, disruptive tactics and attempts to veto their opposition - a case study in censorship.

Why this cancel culture? If warmists are right, why don't they simply prove it? Well, because they can't. They rant about future disasters, and heatedly exclaim current global warming is causing floods, droughts, heatwaves – and even cooling! In other words, they often blame evil CO_2 for everything unusual in our weather, even when these events are polar opposites.

While scientifically minded people like debate, climate crisis fundamentalists seem to fear it, accusing sceptics of heresy and demanding prosecutions for climate crimes against humanity. They condemn 'climate change deniers' – with clear and distasteful inferences of Holocaust denial.

I've never denied climate change. Quite the contrary. I deny we can halt climate change, because it's largely natural. Ironically, it's the green lobby that claims we can stop it, making them the climate change deniers. Why do they want to halt a natural process anyway? Green activists seem unable to answer that. If, using some yet-to-be-invented technology, we could stop climate change, it would be the greatest disruption of natural cycles in human history. I prefer to let nature do its thing, with the marvellous, self-regulating forces keeping earth habitable for the last few billion years.

But some seem unwilling to accept that, replacing The Age Of Reason with an end to reasoned debate: 'If you don't agree with the climate problem, you are the problem and mustn't be heard.'

I don't concur with all I read in *The Light,* but I read it because alternative views energise free speech and broaden the mind. In contrast, those who merely echo The Orthodoxy don't like *The Light* because it takes confidence and effort to test your worldview.

Agile thinkers trust themselves to figure out right and wrong when presented with both sides of an argument.

So, why not play your part in protecting free expression, starting with challenging eco-conformism – a cult costing trillions of dollars?

Election year is a good time to focus on candidates. If they sense you've figured out that their eco-crusade harms your way of life for no environmental benefit, and that it could cost them your vote, they may think twice.

By speaking up, you join the vital defence of dialogue at a time when authoritarians, including many environmental activists, prefer a climate of fear to a climate debate.

- ***Lembit Öpik is a former British Member of Parliament and an author and broadcaster***
- ***He appears on tntradio.live every Saturday morning***

Can you help

The Uncensored Truth
TheLIGHT ?

Sites needed up and down the country to advertise *The Light* and display truth messages.

Near busy roads, motorways or main city routes are ideal, but anywhere we can site a 6 feet trailer with A-Board signage safely and visibly, as seen in the photos.

Get in touch: thelightpaper@protonmail.com

Pandemic of fear addiction

U.S. psychiatrist Dr Mark McDonald interviewed by Richard House

by **RICHARD HOUSE**

Lockdowns triggered mental health tsunami

Richard House [RH]: Mark, your 2021 book, *United States of Fear: How America Fell Victim to a Mass Delusional Psychosis* was way ahead of the game in terms of identifying the disastrous mental-health impacts of the 'pandemic'-related lockdowns. Please talk us through your process in realising the nature and scale of what was unfolding.

Mark McDonald [MM]: It's crucial, first, that people acknowledge and understand that the mental health disaster that began in 2020 had nothing to do with a respiratory virus. It was man-made, and it was entirely avoidable.

I suspected we were all being misled early on because none of the public health orders made any sense from a medical standpoint: staying indoors, wearing masks, closing schools. I had spent a career diagnosing and treating mental illness, and I knew from my clinical experience that every single mandate would not only be ineffective in keeping people physically safe, but would also make everyone even more psychologically sick. I also knew that the damage would increase the longer the mandates were kept in effect. At some point, everyone would break, and we would be facing a psychiatric crisis worse than any in human history. Time was limited, and I couldn't wait it out. I had to speak up.

RH: It's difficult to imagine a more damning indictment, Mark. Have you noticed a significant change in patients/clients presenting problems today, compared with your typical caseload before lockdowns? Is the psychiatric crisis still reverberating?

MM: Everyone is worse off, psychologically. The only exceptions are the autistic. They thrive in a virtual world that substitutes electronic communication for in-person, real-time, non-curated human interaction. Other patients continue to struggle with anxiety and depression made worse by two years of forced isolation and a re-norming of fear as a virtuous emotional state.

I'm most concerned about teens and young adults, though. They have completely collapsed. They no longer date, or even desire a relationship with the opposite sex. They lack initiative, drive, and hope. Video games, porn and drugs have replaced sex, sports, and part-time jobs. It's not a mental illness they suffer from but rather, their utter abandonment by the leaders of adult society. The U.S. is facing a tsunami of psychological dysfunction for which it's utterly unprepared.

RH: That's very disturbing to hear. Your latest book, *Freedom from Fear* (, proposes a twelve step guide for 'personal and national recovery'. What needs to happen to extricate (American) society from this mental health malaise? And I don't underestimate what a huge question this is!

MM: I discovered in 2021 that a top-down approach to saving America would not work. Our leaders are not the cause of our social ills but, rather, a reflection of them. I wrote *Freedom from Fear* as an instructional manual directed at the individual to address what I call 'fear addiction,' or the chronic state of ingrained fear that drives unhealthy decisions. This addiction to fear has become the real pandemic, and, unlike the virus, it hasn't left us.

The first step toward health is to acknowledge one has an addiction to fear, just like an alcoholic must acknowledge his addiction to alcohol if he is to achieve sobriety. In the book I describe successive steps – there are 12 in total – towards freedom from fear, leaving the reader in a position of not only freedom but courage and strength. If every American could walk this path, I believe the nation would recover from the collapse of 2020.

RH: Addressing 'the fear question' head-on from a mental health professional's standpoint is a great and much-needed contribution. In published reviews of your *United States of Fear*, there seems to be a massive polarisation, with reviewers either lavishing it with praise (they're in a big majority), or condemning it with terms like 'misogynistic', 'anti-feminist', 'anti-women' etc. How, as a mental health professional, do you make sense of such a polarised response?

MM: The responses to my first book reflect the current psychological state of the nation. Since 2020, I have witnessed a splintering off of one segment of Americans from reason and critical thinking. Most of them, like those who attacked United States of Fear (very few of whom appear to have even read it, by the way) are women. This is important, because what has wrestled control away from reason and critical thinking is unbridled emotion: passion. And women are far more susceptible to being captured by their emotions than are men.

Since *United States of Fear* was published nearly four years ago now, I have yet to read one objectively critical review. I expected to be attacked by hysterics, so I invested a great deal of time and care in annotating the book with over 20 pages of references, many of them from politically neutral or liberal sources.

Rather than face the reality of what I exposed in the book, these women (and a few men) chose to attack me personally. To say that women are disproportionately involved in the destruction of the United States is not misogynistic. It's a dispassionate observation, and a call to action. We insist on holding men accountable for their toxic masculinity. We must do the same for women.

- ***Mark McDonald M.D. is an adult, child and adolescent psychiatrist in Los Angeles, California. He works primarily with children in private practice, and has been widely published in local and national news publications, including the* Wall Street Journal *and* The Federalist.**
- ***Website: https://linktr.ee/dissidentmd***

Being in love with a normie

by **ROBERT STUART**

Photo: Roungroat

I'm in love with a normie
My friends they implore me
To go out with a truther
But frankly they bore me
I've had more than my fill of Dr Pierre Kory
And White Rose t-shirts just don't do it for me
I'm in love with a normie
She walked through the door me
Heart skipped a beat as she staggered towards me
If only I'd met her
And warned her, before she
Got fifteen jabs and a full inventory
Of conditions and syndromes
Inflammatory
And while there's no guarantee that she'll make it to forty
I hope for a few months at least before she
Starts transmitting bluetooth signals towards me
(With all the concomitant angst and furore)
I'm in love with a normie
Go ahead and deplore me
I'm finding it frankly
Emancipatory
To burst the taboo and cast caution before me
So without any attempt at being
Self-exculpatory
I'm a pure blood no longer -
I'm in love with a normie

Giving power back to farmers

How you can help the People's Food & Farming Alliance

by **PIPPY JONES**

PFFA Founder, Katherine Macbean, became concerned about supermarket dominance and the centralisation of British farming and food production over 20 years ago.

She spent several years working in the industry to discover whether her original concerns had any realistic merit. Sadly, they did.

Supermarkets were increasingly becoming behemoths and their centralised control structures were slowly taking over traditional food production systems and altering not only how food is grown and produced, but also how it is processed.

We saw traditional mixed farms move closer to mono-crop/mono-product cultures, which over time caused an increase in chemical outputs due to disease build-up, as well as limiting a farmer's direct route to market, the loss of broad agricultural knowledge and skill-sets and poorer quality food for consumers, and increasing damage to soil and natural habitats for wildlife.

Katherine also noted DEFRA (Department for Environment, Food & Rural Affairs) was continually expanding its remit, with increasing legislation forced upon farmers and producers which were costly and did not benefit farmers, as well as a lack of DEFRA action that supports actual food production. This legislation has applied incredible pressure to already busy farmers, which ran parallel with increased reports on mental health problems within the agricultural industry.

Shift forwards 20 years and Katherine and her team can barely find any local butchers, bakers, greengrocers or fishmongers. as the majority have been pushed out of the marketplace by supermarkets.

In September 2022, the PFFA was born. There were immediately three clear areas of focus for Katherine and a very small team of volunteers, which are Grow Your Own, Community Growing Groups and Farmers & Producers.

For the first year the PFFA focused heavily on the Grow Your Own and Community Growing Groups sectors. As a result they were overwhelmed with public response and resulting actions. Many newcomers tried their hand at growing their own fruit and vegetables, salads and herbs, as well as many becoming new poultry owners.

Through a series of educational resources, blogs, workshops, zoom presentations and social media handy hints, PFFA continues to assist those who wish to learn and take action.

At the beginning of 2024, as many European farmers were expressing their disgust towards increasing legislative strangulation, Net Zero nonsense impacting their ability to grow food unfettered, and poor prices from supermarkets, PFFA increased its focus on farmers and producers and has started reaching out to farmers to help provide solutions that could end government and supermarket control over food production, and bring the power back to farmers and consumers!

Ultimately, government, DEFRA, supermarkets and even the NFU do NOTHING to support our farmers

PFFA supports a transition for farmers from a mono-crop culture to a more traditional mixed farming approach and recognises the benefits to farmers, consumers and the natural world. Many farmers are understandably reluctant to take such a great leap from 'secure' supermarket contracts to starting to sell more directly to local consumers. They no longer have access to localised processing businesses, such as independent abattoirs, water and windmills, simplified packing stations or locally produced feed. They work incredibly long hours, fight a mountain of paperwork, and don't have time and energy to be resurrecting, or building new infrastructure.

So, what's the answer? It is down to us, We The People. Not only can we attempt to mitigate incoming food shortages and price hikes by growing and processing our own food, albeit independently or as part of a team of volunteers, but we can help reopen the closed abattoirs by lobbying local councils and property owners; we can form co-operatives to get these businesses open and run them as private enterprises, with farmers getting to co-own and have a say.

We can chat with local mills who often run at minimum capacity, and work with them to increase that capacity. We can rent industrial units (push your councils for zero rent for six months) and turn them into local retail outlets for farm produce.

There are many local business opportunities from food production and we can bring new energy to local economies, such as cheese and butter makers, bakers, butchers and those who work with by-products, such as lanolin.

We can all speak to local councils about increasing the number of farmers' markets, with volunteers running stalls to save farmers some time. We can all look to open a PFFA Food Hub, which can have multiple functions.

A PFFA Food Hub could be utilised for those same groups to come together with consumers to uncover what consumers actually want grown and reared and the best way to establish a system. Maybe it can be used as a food bank every week, or possibly a site for educational gatherings from various specialists? There are many reasons to open a Food Hub.

You can connect with either PFFA or their partners, the Open Food Network, to find out more and receive assistance.

Ultimately, the government, DEFRA, supermarkets and even the NFU (National Farmers Union) do nothing to support farmers.

So with its new campaign, More Farmers, More Food, PFFA is working to encourage more growers, more small farms, increased local horticulture and localised networking to increase national food growth, with the power of this in the hands of the producers and the consumers.

We need more farmers, not fewer. We need more consumers to get involved and help Britain regain and grow our food sovereignty. We must all become more involved in local food production, processing and distribution to help save our farmers, our land, our health and our economy. PFFA is now getting ready to deploy an army of Regional Ambassadors to connect farmers and producers with local consumers so we can all get organised, get involved and truly take back control from the behemoths who do not have our best interests at heart.

We can all be farmers to some degree. We need everyone growing food. It's now a time for a food revolution and an abundance of health for all. Let's have More Farmers and More Food.

- ***https://the-pffa.org***

Who really ru

No matter who you vote for, it is these people

Under the cover of great philanthropy and wanting to create a better world, these people and many more are working hard to enslave the world in a digital prison, run by automation, digital ID, programmable money, carbon credits and social credit scoring.

You can vote for whomever you like, but these people make all the important decisions for every one of us. It cannot be denied, when all governments across the world implement the same policies and promote the same ideology, all of which remove

individual freedom and giv
international institutions
Nations (UN), the Europea
Economic Forum (WEF) bei
They own all the systems

Rothschilds

Bankers for the Crown of Great Britain, the Crown Temple, North America, and most of the developed world. 'The Crown' in Britain means the City of London, owned and operated by the Rothschild banking empire.

Bought the London stock market in 1815 on subterfuge, and have been the richest family in the world ever since, controlling the central, investment and commercial banks of most nations.

The currency they issue is worthless – not backed by anything but mountains of debt (future labour), thus enslaving everyone invisibly, through inflation and economic controls.

Family believed to be of Khazarian origin who converted to Judaism for expedient, political reasons. Prefer satanic imagery to anything Biblical. Jacob Rothschild, the head of the family, died recently in March 2024.

Rockefellers (and Morgan)

Inventors of the tax-free Foundation, their oil billions could be used to discreetly control almost anything they wanted. Scientists, research and publications were bought, and politicians were funded and made to change legislation to favour Rockefeller business interests.

The Rockefeller family controls JP Morgan Chase & Co, the largest bank in the U.S. with assets over $3 trillion. This means they also own a major chunk of The Federal Reserve.

The Rockefellers set about influencing and shaping the thoughts and opinions of the general population.

They took control of energy, healthcare, education and media to help socially engineer the breakdown of the nuclear family, leading to all the other problems we see today.

They are also the prime movers in the United Nations.

Kissinger and the Trilateral Commission

George Soros

Another Foundation creator, using his Open Society to fund mass economic migration from third-world countries into the West, plus various violent left-wing groups and extreme woke causes, such as antifa, trans, lgbtqp+, 'toxic' masculinity, climate crisis hoax... and many more.

Famously manipulated the British pound in 1991 in order to make himself billions. Who does that to a people to make them all poorer?

Now passed on his portfolio and activist front foundation to his son, who is apparently even more politically radical, which could be why we are seeing things ramp up on the woke left liberal front.

A key player in the cabal, manipulating populations into being divided, and then hammering those wedges so society falls apart - hence the name of his organisation.

Larry Fink

CEO of Blackrock, one of a small handful of investment banks that own the largest shares in most of the companies on most major stock markets in the world.

This gives him a lot of voting rights on a lot of company boards, allowing him to fully push the totalitarian green agenda, with ESG (environmental, social, governance) which scores companies according to their woke credentials, rather than their ability to make a profit, be efficient and solve problems for people. This explains the serious errors of the Bud Light and other ad campaigns which lost their companies billions.

While there has been a backlash against this among many corporate leaders, ESG scores still exist and are helping the shift from shareholder capitalism (capitalism) to stakeholder capitalism (fascism).

Tony Blair

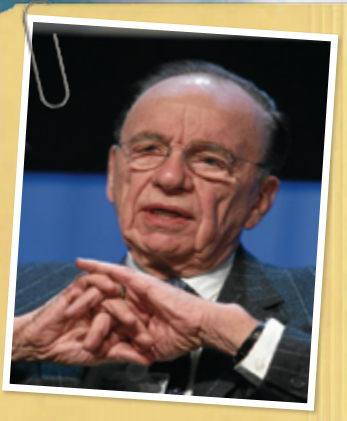
Peter Thiel

On the steering committee of the Bilderberg Group, owner of Palantir, the company that spies on anyone and everyone and gets the information to intelligence agencies and corporations across the world, and a founder of Paypal and LinkedIn.

According to Business Insider, he was also an FBI informant on foreign influence in the U.S.

Thiel has funded or otherwise facilitated the rise of many of today's most prominent corporations through Founders Fund, including Airbnb, and Elon Musk's SpaceX, as well as AI and drones, and all the while professing to be 'libertarian'.

Perhaps, like the term 'liberal' and many other words nowadays, they simply mean the opposite of what they used to mean, and the public didn't get the memo.



Rupert Murdoch

One of the most powerful propagandists in history.

Owns and controls much of the media system in the Western world, including Sky Broadcasting, The Times, The Sun and many more.

The Milly Dowler phone-hacking scandal disclosed the unsavoury business practices of the Murdoch empire, although there is a litany of examples of it.

Has continually lied to and manipulated the public through his broadcast and print media outlets in order to support war, vaccines, criminal governments and corporations destroying people and the environment.

The cabal's mouthpiece has now handed over his propaganda empire to son Lachlan and three other children.

Elon Musk

The

ns the world?

who make most decisions for ALL governments

ve governments and great power – the United n Union (EU) and the World ng three examples. of information that you have received since birth – media, education, publishing (textbooks for schools) etc. Everything you have been taught is only what they want you to know. Try verifying facts independently, outside of their system, and you will a) find it difficult, and b) be amazed when you do. The world is not as you think it is; you really were born a slave, as Morpheus explains to Neo in *The Matrix*. For whatever reason, Russian search engine yandex.com still lists non-NWO links when you search.

Kissinger helped prolong the Vietnam War and expand that conflict into neutral Cambodia; facilitated genocides in Cambodia, East Timor, and Bangladesh; accelerated civil wars in southern Africa; and supported coups and death squads throughout Latin America. He had the blood of at least 3 million people on his hands, according to his biographer Greg Grandin.

There were "few people who have had a hand in as much death and destruction, as much human suffering, in so many places around the world as Henry Kissinger," said veteran war crimes prosecutor Reed Brody.

Ran foreign policy for the Trilateral Commission, i.e., the international department of the New World Order, along with David A. Rockefeller.

His replacement is yet to be determined.

Klaus Schwab

Bond-villainesque founder of the World Economic Forum, which has massive influence over every major bank, corporation and government in the world.

All agree with the principles, declarations and goals of the WEF, and none ever call out such concentration of power, which is clearly dangerous to individual freedom.

In 2019, the United Nations and the WEF signed a global compact to combat the alleged climate crisis, promising to divert billions in funds to propagandising everyone and restricting our lives in as many ways as possible.

Governments and councils are carrying out the policies these two unelected organisations promote, but it is still perceived and propagated by the legacy media that somehow they have no power.

Bill Gates

Ostensibly a tech billionaire who made his fortune with Microsoft, Bill's father was a eugenicist who started Planned Parenthood, the abortion charity in the U.S., and Gates jr. seems to be following in his footsteps, being wanted in court for sterilisation by vaccines in India.

Buying up millions of acres of farmland, and developing lab-made replacements for natural food – nothing to see there, obviously.

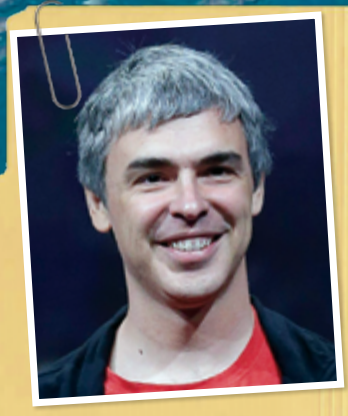
Also heads up GAVI, the international vaccine cabal hoping to inject everyone with poisons that will do nothing but debilitate and cause suffering, sterility and death.

Also invests heavily in universities and media like the BBC and the Guardian, under a tax-exempt foundation he started with his now ex-wife.

Probably Britain's most-hated Prime Minister, because the propaganda promised a sea change and a break for ordinary people. Blair was more neoliberal than Thatcher, while expanding the welfare state and people's reliance on the government, and of course standing shoulder-to-shoulder with fellow war criminal George W. Bush.

Unlike many politicians, Blair has gone on to wield influence long after the public realised what a fraud he was, piping up to support whatever narrative needs pushing, and running the embarrassing 'Tony Blair Institute for Change'.

Blair is like a gorvelling, snivelling butler to his masters; he's a change agent and puppet of the criminal banking cabal which really runs the world, and he has amassed a fortune and business connections allowing him to continue to resurrect from time to time in order to annoy everyone.



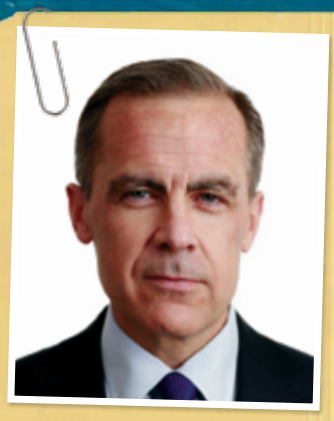
Larry Page

Co-founder of Google, and therefore responsible for online censorship and the end of the free exchange of ideas, along with Mark Zuckerberg (Facebook, Instagram) and Susan Wojcicki (YouTube) among others.

Authorities in the U.S. Virgin Islands issued subpoenas against Page in the lawsuit against JP Morgan Chase & Co. bank, which was accused of playing a role in Epstein's international child sex trafficking operation, but they were unable to locate Page to serve him.

Part of the charges against JP Morgan include the report that 'a cargo ship that was seized last month with nearly 20 tons of cocaine on board — with an estimated street value of $1.3 billion — belongs to JP Morgan Chase,' which CBS News reported in 2019.

Page was also subpoenaed for the Panama Papers.



Mark Carney

Previously served as Governor of the Bank of England and Canada's top central banker, he took on a new role as the UN special envoy on climate action and climate finance in 2020.

Carney is a member of the Rockefeller Foundation's Group of 30, Foundation board member of the World Economic Forum and leading participant at Bilderberg and Davos events.

The UN signed an agreement with the World Economic Forum in 2019, to speed up the implementation of the UN Sustainable Development Goals.

Carney was described as 'a remarkable pioneer in pushing the financial sector to work on climate.'

'The disclosures of climate risk must become comprehensive, climate risk management must be transformed, and investing for a net-zero world must go mainstream,' Carney said in a statement.

Musk's history of business ventures include PayPal, SpaceX, Tesla, and OpenAI. SpaceX which manufactures space equipment, including rockets and the Starlink internet satellites.

So automation, surveillance, transhumanism and EVs – but still he is supported by many truth activists. Why?

Elon Musk supported and recommended the covid mRNA shots.

Elon Musk wants universal basic income.

Elon Musk wants humans to be linked to machines via his unsafe 'brainchip'.

Elon Musk was against banning travel to America from terrorist nations such as Iran.

Elon Musk has stated he is in favor of 'good' socialism – 'good' people in charge of an all-powerful state.

When the people need a saviour, we will provide them with one.' Vladimir Lenin/ Theodor Herzl.

King Charles III

While his mother was loved by the peasants, 'Sausage fingers' as he will probably be forever known, is in lockstep with the WEF and the goals of the 'philanthropists' mentioned here.

He has spoken at the WEF, promotes the fake climate alarmism, and is believed to have had a hand in his ex-wife's death. Yet he swore an oath to preserve the law of the land and protect the people.

It has always been an irony that the famous British royal family has been German since George I in 1714, yet millions still turn out waving their flags and cheering on the people in the golden carriages and million pound hats.

A monarch is important for our constitution, but when monarchs break the law to the prejudice of the people, they are no longer lawful defenders of the realm.

Simon Case/Sue Gray

Incredibly powerful civil servants/cabinet secretaries who oversaw the removal of May, Johnson and Truss, were there at the lockdown parties breaking government rules, and still seem to be in positions of power and influence.

If they have not yet been outright banned, the TV programmes 'Yes, Minister' and 'Yes, Prime Minister' comically show the real relationship between elected representatives and those who really run the show in national governments, making sure the policies of the real rulers (see above) are carried out. The phrase 'no matter who you vote for, the government always gets in' is based on the fact that, while the puppets and rosette colours out front might change, the real wheels of power that implement policy (or don't) remain constant, so people can be duped into believing they have a say in what goes on.

Help us print the uncensored truth: thelightpaper.co.uk/donate

WHO official's advice to stop vaccine passports was ignored

by **PAUL THACKER**

Health expert's shocking claims heard in Helsinki court

TESTIFYING in a lawsuit, one of the World Health Organisation's leading vaccine experts is understood to have claimed she advised against covid vaccine passports.

Journalist Ike Novikoff reported how the WHO's Dr Hanna Nohynek testified in court that she advised her government in Finland that vaccine passports were not needed, but was ignored.

This was despite her explaining that the covid vaccines did not stop virus transmission and the passports gave a "false sense of security".

It is understood she made these claims in a Helsinki courtroom where Finnish citizen Mika Vauhkala is suing his government and a cafe after he was denied entry to that cafe for not having a vaccine passport.

Dr Nohynek is chief physician at the Finnish Institute for Health and Welfare and serves as the WHO's chair of Strategic Group of Experts on immunisation.

Finnish journalist Novikoff reported that Dr Nohynek stated, while testifying in April this year, that the Finnish Institute for Health knew by the summer of 2021, and perhaps earlier, that the vaccines 'did not stop virus transmission or prevent infection fully.'

During that same 2021 time period, the WHO said it was working to 'create an international trusted framework' for safe travel while EU member states began rolling out covid passports. The EU Digital Covid Certificate Regulation passed in July 2021 and more than 2.3 billion certificates were later issued. Visitors to France were banned if they did not have a valid vaccine passport, which citizens had to carry to buy food at stores or to use public transport.

But Dr Nohynek testified that her institute advised the Finnish government in late 2021 that 'there was no basis to continue the covid pass,' yet certificates continued to be required.

Her reported admission that the government ignored scientific advice to terminate vaccine passports proved shocking as she is widely embraced in global medical circles. Besides chairing the WHO's strategic advisory group on immunizations, Dr Nohynek is one of Finland's top vaccine advisors and serves on the boards of Vaccines Together and the International Vaccine Institute.

The EU's digital covid-19 certification helped establish the WHO Global Digital Health Certification Network in July 2023. "By using European best practices we contribute to digital health standards and interoperability globally - to the benefit of those most in need," stated one EU official.

WHO's Dr Hanna Nohynek

Complainant Mika Vauhkala created a website discussing his case against Finland's government where he writes that he launched his lawsuit 'to defend basic rights' after he was denied breakfast in December 2021 at a Helsinki cafe because he did not have a covid passport even though he was healthy. 'The constitution of Finland guarantees that any citizen should not be discriminated against based on health conditions among other things,' Mr Vauhkala states on his website.

His lawsuit continued last month in Helsinki district court where British cardiologist Dr Aseem Malhotra is understood to have testified that, during the covid pandemic, some authorities and medical professionals supported unethical, coercive, and misinformed policies such as vaccine mandates and vaccine passports, which undermined informed patient consent and evidence-based medical practice.

- ***WHO official testifies - Report: https://tinyurl.com/yvrcz8pv***
- ***Twitter post: https://tinyurl.com/3e2wctu9***
- ***Covidpass campaign: https://casecovidpass.com/***

Music ban to block Western influence

THE Russian republic of Chechnya has announced a ban on music that's either too fast or too slow.

As the Guardian's Philip Oltermann reports, officials hope to eradicate the 'polluting' Western influence in the region.

'From now on, all musical, vocal and choreographic works must correspond to the tempo of 80 to 116 beats per minute,' wrote the Chechen Ministry of Culture in a translated statement earlier this month.

The new rule—approved by the republic's leader, Ramzan Kadyrov—will ensure that all Chechen music and dance productions conform to 'Chechen mentality and musical rhythm.' According to the *Moscow Times*, artistes have until June 1 to rewrite songs that don't align with the new ban. After that deadline, they will no longer be able to play those songs in public.

"Borrowing musical culture from other peoples is inadmissible," said Musa Dadayevhe, the culture minister, at a meeting on April 5, according to Russian media reports translated by the Guardian. "We must bring to the people and to the future of our children the cultural heritage of the Chechen people."

As musician Adam Neely points out, the official recording of Russia's national anthem is slower than the permitted range, at 76 BPM, and so is banned, along with Chechnya's own anthem, running at 78 BPM.

ROCK ON

The law would seem to permit most hip-hop music, which generally has a BPM of 85 to 95. Some songs that would also fit the bill include:

Beyonce's Texas Hold 'Em - (110 bpm)

The Bee Gees' Stayin' Alive - (104 bpm)

Led Zeppelin's Stairway to Heaven - (82 bpm),

ABBA's Dancing Queen - (101 bpm) and

Taylor Swift's 10-minute version of All Too Well (94 bpm), among others.

ROCK OFF

But out would be such classics as:

Jimi Hendrix's Little Wing - (71 bpm)

Bobby McFerrin's Don't Worry Be Happy - (69 bpm)

The Beatles' Here Comes the Sun - (129 bpm)

Nirvana's Smells Like Teen Spirit - (117 bpm)

The Eagles' Hotel California - (147 bpm)

Please pass The Light on when you've read it

‘Thought police’ have arrived

Intelligence service bids to shape beliefs of German citizens

by **EUGYPPIUS**

THE German Interior Ministry continues to defend its controversial and widely criticised plans to restrict the speech, travel and economic activity of political dissidents.

The Federal Office for the Protection of the Constitution (BfV), the German domestic intelligence service and political police, have sacrificed substantial popular regard in the face of this campaign.

According to a poll published last month, a plurality of Germans believe that the BfV is being misused for political purposes. The sentiment is prominent across all parties, except the Greens, who believe that all is well with the Federal Republic.

The BfV chief, Thomas Haldenwang, has taken to the pages of the *Frankfurter Allgemeine* newspaper to defend the conduct of his office and his plans to shape the ‘thought and speech patterns’ of ordinary people through official repression.

The thing about ‘freedom of expression,’ Haldenwang said, is that ‘it is not carte blanche for enemies of the constitution.’

Recently, public discourse has repeatedly featured headlines and articles calling the work of the BfV into question. There is talk of an ‘opinion police’, a ‘language police’ and even a ‘government security service’.

Some claim the BfV discredits political opinions ‘on command’ as extremist as soon as they depart from social and political mainstream narratives, or when they embark upon criticism of government action or the work of the democratic parties.

One thing should be unmistakably clear: freedom of opinion prevails in Germany – and that is a good thing. Freedom of opinion is a fundamental element of our constitution and one of the greatest assets of our liberal democratic order. As such, it is also protected by the Office for the Protection of the Constitution.

“Freedom of opinion,” Haldenwang said, is what “distinguishes a democracy from an autocracy or a dictatorship”. In the Federal Republic even “offensive, absurd and radical opinions” are protected.

Well, kind of. Even freedom of expression has its limits. The outermost boundaries are set by criminal law, for example with regard to punishable propaganda offences or incitement to hatred.

Thomas Haldenwang, chief of the German Federal Office for the Protection of the Constitution

Even within the limits of criminal law, however, expressions of opinion, despite their legality, can become relevant for constitutional protection.

In theory, you can think and say whatever you want in Germany, so long as what you think and say does not violate the law. Within the range of legal expression, however, there is a grey area that Haldenwang and his minders in the Interior Ministry get to define.

If you enter this danger zone, you may end up inviting the unwelcome attention of the political police even though you have not broken any laws.

Put less charitably, there is clearly illegal speech on the one hand, and on the other hand there is speech which is alas not yet illegal, but which existing authorities will use all the administrative tools at their disposal to dissuade you from. Such speech, we might say, is pre-illegal, and only reluctantly permitted because the hurdles to banning it are too substantial.

Specifically, you become susceptible to surveillance and harassment by the BfV whenever you express opinions that suggest you are interested in ‘eliminating the free democratic order’ of the Federal Republic. Your mere freedom of expression is ‘not a licence to evade observation and evaluation’ by the political police if there are ‘factual indications’ that your thought is tending in unconstitutional directions.

Unsurprisingly, the scope of what is ‘unconstitutional’ in thought and speech turns out to be very wide indeed.

For example, when legitimate criticism and opinions turn into extremist agitation intended to ‘shake the foundations of our democratic order and thus prepare the ground for unpeaceful and violent activities.’

The BfV has been targeting political dissidents they deem guilty of ‘delegitimising’ the state since 2021.

Haldenwang quietly expands this concept, explaining that you may become a case for the BfV if your ‘permissible criticism’ crosses some invisible boundary to become the ‘delegitimisation of state conduct.’

Comparing the Federal Republic to East Germany is an example of delegitimising the state; comparing the behaviour of the BfV to the behaviour of the Stasi is presumably an example of delegitimising state conduct.

The goal here is to make it effectively impossible to criticise the German government for its antidemocratic and unconstitutional policies without drawing the attention of the BfV, because attacking our nominally democratic leaders for antidemocratic behaviour is the very definition of delegitimisation.

To understand how ominous this is, you must remember that the present political establishment in general, and the BfV and Haldenwang more specifically, exercise a total sovereignty of interpretation over everything you say.

It doesn’t matter whether you intend to violate ‘the human dignity of members of certain social groups’ with your statements, or even if this is a remotely defensible interpretation of your words. It only matters if the constitutional protectors decide you are guilty of doing so.

Thus if our constitutional protectors decide that your statements are ‘intended’ to call into question ‘our democratic order’ or ‘prepare the ground for unpeaceful and violent activities,’ you’re on the radar of the BfV, regardless of what you said or how you meant it. This is a licence to go after anyone saying anything our political leaders don’t like.

Haldenwang believes that: ‘in the post-war history of our country, democracy has rarely been in such danger as it is now. This is because the number of extremists and the potential for extremism have been on the rise for years because digitalisation and virtualisation are helping bad people spread their ideologies and because authoritarian states are propagating disinformation which often meets with approval and applause from domestic organisations and actors.’

What Haldenwang is really terrified about, of course, are the upcoming elections for the EU parliament and for the state parliaments of Brandenburg, Thüringen and Saxony. That is why we have to read so much in the press every day about right-wing extremism, why the police are going after a 17-year-old who posts Alternative for Germany (AfD) political party Smurf videos to TikTok and why leading Green politicians are having ordinary people prosecuted for political satire.

In the Federal Republic there is nothing so threatening to democracy as free and open democratic elections.

- ***Eugypplus article: https://tinyurl.com/yy7rz3mv***
- ***Political dissidents restrictions: https://tinyurl.com/43u2aep9***

In defence of essential oils

by **HEATHER GODFREY**

I WAS disappointed and concerned when I read the article 'Nothing essential about essential oils' by Sapphire MacDonald, published in February 2024's The Light newspaper edition.

Quoting verbatim from April Graham's book, 'Essentially Deadly: The Unspoken Dangers of Essential Oils' (2023), MacDonald intersperses (it is not clear where her language begins and Graham's ends in this emotive article) dialogue expressing unsubstantiated opinions, and sweeping, inaccurate, un-contextualised, unbalanced and poorly informed claims throughout her article.

Graham's book, apparently MacDonald's singular source of 'information', is self-authored, self-edited, and self-published and, apparently, is not available to purchase from any of the usual outlets (Amazon, Waterstone, WHSmith, Blackwell, nor libraries). I have no issue with self-published books. What does concern me, however, is the obvious lack of appropriate in-depth research, considered deliberation and balanced reporting of the facts.

MacDonald's statement that 'many essential oils happen to be very high in salicylates,' is just one of numerous examples of her penchant for careless inappropriate sweeping misleading and inaccurate over-reach.

Very few essential oils contain salicylates.

Essential oils

Salicylate is present in wintergreen and sweet birch essential oils (methyl salicylate); these essential oils are rarely used in aromatherapy but are applied in pharmaceutical over-the-counter pain-relieving topical creams, ointments, gels and lotions(1). Benzyl salicylate, a phenolic ester, found in ylang ylang (steam distilled) essential oil (0.3 – 3.9%), ylang ylang absolute (solvent extracted) oil (5.2%), carnation absolute (3.9%) and tuberose (2.6%) absolute oil, presents negligible to no allergen risk (Tisserand and Young 2014 p 505-506, 601). Absolutes are not classified as 'pure' essential oils and are used mostly by the perfume and cosmetic industry, which is regulated (2). To put this emotive over-reach into further perspective, everyday foods that contain high amounts of salicylates include: broccoli, cauliflower, cucumber, mushrooms, radishes, spinach, zucchini, egg plants, peppers and tomatoes.

Also, essential oils and essential oil products are classified as 'borderline products' and are regulated by the General Product Safety Regulation 2005(1).

Applied sensibly, essential oils pose little risk of harm. There are numerous easily accessible books and websites that provide information about their qualities, properties and safe application, and numerous research articles confirming their benefits, especially their psycho-emotional and antimicrobial benefits.

REFERENCES & RESOURCES

(1) Medicines and Healthcare Products Regulatory Agency: https://tinyurl.com/mus23shb

(2) Regulation 2009/1223 and the Cosmetic Products Enforcement Regulations (2013): Great Britain. https://tinyurl.com/3k5fzdhc

- *Robert Tisserand and Rodney Young. Essential Oil Safety. Churchill Livingstone, Elsevier, London (2014)*
- *Jane Buckle. Clinical Aromatherapy: Essential Oils in Practice 2nd edition. Churchill Livingstone, London (2007)*
- *Sue Clarke. Essential Chemistry for Safe Aromatherapy. Churchill Livingstone, London (2002)*
- *Heather Dawn Godfrey. Essential Oils for the Whole Body: The Dynamics of Topical application and Absorption. Healing Arts Press, Rochester Vermont (2020)*
- *Heather Dawn Godfrey. Healing with Essential Oils: The Antiviral, Restorative, and Life-Enhancing Properties of 58 Plants. Healing Arts Press, Rochester Vermont (2022)*

Power-hungry beasts in our pocket

‘5G will consume fifth of world’s electricity by 2030’

by **JAN-RUTGER SCHRADER PhD**

THE promise around 5G is enormous, and an enchanting high-tech future is projected for us.

But what about power consumption and climate impact? How much electricity does 5G consume?

To achieve gigabit speeds, the plan with 5G is to have it operate at very high frequencies of 24-26 Gigahertz. For this reason, 5G requires millions of new so-called ‘small cells’ - for example, transmitters in lampposts.

And all of it consumes electricity - the network, the processing of the signals, the data centres, and the users.

While there may be improvements in energy efficiency for new devices, these gains are completely lost in the increase in demand for bandwidth, the ‘megabytes per second’.

Consider the huge expected growth in games, videos, streaming services, virtual reality (VR) and the ‘metaverse’.

The prevailing thought is: ‘Why stick with 4G speed, if it can also be done at 5G speed?’ Streams in ultra-HD, four times sharper than the current full-HD, will find their way to our cell phones, laptops and VR glasses with 5G.

Yet more beautiful images, at higher resolutions, will eventually become the standard.

However, this will cost five times as much data. Yes, you can have a fantasy world projected onto your VR glasses (augmented reality), with all kinds of imaginary products that you can buy, in a new ‘VR-economy’.

However, this does require a connection where you move from one 5G small cell to another, with your VR glasses. And as small as a small cell is, it does emit a lot of radiation. As do the VR glasses on your head.

Network provider Ericsson expects global monthly mobile data usage to increase fivefold by 2026 compared to 2020. And ING foresees a 20-fold increase in global data traffic by 2030 compared to 2018.

Streaming over wireless networks leads to a higher environmental impact compared to wired. A wired connection directs the signal exactly where it needs to go, and that requires orders of magnitude less electricity than a wireless connection, which irradiates an entire area with an electromagnetic field.

Fibre-optic connections are also safer and faster. More than 10,000 Gigabits per second can be transmitted over a single fibre, and 100 fibres fit into a single cable. Fibre optics are radiation-free and therefore do not have the health risks of wireless.

Telecom providers expect their energy costs to increase by 150-170 percent by 2026 with the advent of 5G technology, according to a study by Vertiv, a U.S. network service provider. That’s almost a threefold increase compared to 4G.

One 5G base station is estimated to consume about as much power as 73 households, and three times as much as the previous generation of base stations.

When base stations, data centres and devices are added together, telecommunications will consume more than 20 percent of the world’s electricity by 2025, says Huawei analyst Dr Anders Andrae. Currently, it is about 11 percent. Numerous reports describe the exponentially increasing energy consumption of 5G and Internet of Things applications.

Big Tech likes to claim that their data centres run on green electricity, but even if they do, this still counts towards global consumption. Do we build solar panels, wind turbines, etc. only to have all the energy gobbled up by the data industry?

In addition to energy consumption, producing billions of new 5G devices and replacing all previous-generation devices will lead to a huge demand for rare metals such as lithium, which must be mined, with all the implications for the Earth.

It is important to ensure that the environmental footprint of 5G and future networks is considered. When are we going to face the power consumption and environmental impact of 5G?

In the end, what is it worth to be able to walk from one 5G transmitter to another wearing VR glasses, if it causes damage to the Earth?

- ***https://www.jrseco.com/how-much-power-does-5g-consume/***

Centralising power is greatest threat

True pearls: From anti-globalisation scholar and activist Vandana Shiva (b. 1952)

by **RICHARD HOUSE**

WE have to escape from the illusions that enslave our minds.

A single, one-dimensional way of thinking has created a monoculture of the mind, generating models of production which destroy diversity and legitimise that destruction as progress, growth and improvement.

Diversity creates harmony, and harmony creates beauty, balance, bounty and peace in nature and society, in agriculture and culture, in science and in politics.

Living democracy grows like a tree, from the bottom up. People will have to build their own economies and rebuild democracy as a living

Vandana Shiva

democracy.

Simplicity and non-violence are the basis of an economy of well-being, and such an economy must be localised. Centralised economic systems erode the democratic base of politics.

Soil, not oil, holds the future for humanity… The time has come to reclaim the stolen harvest and celebrate the growing and giving of good food as the highest gift and the most revolutionary act.

Seed is not just the source of life. It is the very foundation of our being. In the seed and the soil, we find the answers to every one of the crises we face.

Owning our seeds through seed freedom, our own food through food freedom, our own minds and intelligence through intellectual freedom, our own economies through freedom to produce and consume ecologically and locally, is the ‘barbarianism’ that the one per cent would like to extinguish.

Genetic engineering has never been about saving the world; it’s about controlling the world. It invades life itself, redefining people and living organisms as machines to be manipulated and engineered.

An organic farmer is the best peacemaker today, because there is more violence, more death, more destruction, more wars, through a violent industrial agricultural system.

The primary threat to nature and people today comes from centralising and monopolising power and control. Then, as now, the issue is control – the uncontrollable urge to dominate.

Globalisation has made the citizen disappear, and it has reduced the state into being a mere instrument of global capital.

Through the green economy an attempt is being made to technologise, financialise, privatise and commodify all of the earth’s resources and living processes.

We’ve moved from wisdom to knowledge, and now we’re moving from knowledge to information, and that information is so partial – that we’re creating incomplete human beings.

The context is not in your control, but your commitment is yours to make, and you can make the deepest commitment with a total detachment about where it will take you.

Seeding the future and seeding freedom calls for a quantum leap in our imaginations, our intelligences, our capacity for compassion and love, as well as our courage for creative non-violent resistance.

Help us print the uncensored truth: thelightpaper.co.uk/donate

Poison on our pavements

Council weed-killer 'causes catalogue of diseases'

by **ANNIE MACDONALD**

SPRING has sprung and for most of us, this signals positivity, with lighter, longer days and flourishing nature - but for councils it is time to start applying poison to our pavements

Glyphosate is still the main chemical chosen for weed control, in and around our pavements, streets, trees, publicly used buildings and spaces, and much, much more. This continues despite it being well known that this chemical kills more than just the weeds.

It was way back in 2016, when the International Agency for Research Cancer (IARC) announced that glyphosate was a probable carcinogen to both humans and animals.

Companies and manufacturers immediately raced to find selective results, using well-funded research to defend the chemical's safety and to protect its continued use and profits.

Glyphosate still being used for 'weed' control

Several high-profile successful lawsuits later, the very real harm caused by glyphosate has been brought to light. Supreme Court judges recognise and acknowledge research, which is free from vested interests, and available for public scrutiny.

And millions have now been paid out to those affected, thousands of cases are now awaiting trial and it is understood billions have been set aside to meet future claims.

Common sense would dictate that any continued use of glyphosate by councils would immediately halt, but no, unfortunately common sense is not that common these days and years later councils are still using it.

Poison is still being applied to our pavements in communities despite mounting local stories of everyday human and animal sickness and harm linked to nearby applications. Claims from the council of apparent reductions, phasing out and safety are amongst the usual responses, but the fact still remains - glyphosate continues to be used, where we walk our dogs and our kids play.

Glyphosate is now not only linked to cancer but to a host of today's common ailments like asthma, allergies, sore throats, stomach issues, epilepsy, autoimmune dysfunction, respiratory distress, gastrointestinal issues and Parkinson's disease.

Glyphosate goes on to be applied by councils usually two to three times per year between March and October, including around medical centres and hospitals.

Glyphosate is applied using quad bikes or by individuals wearing backpack applicators, without our knowledge or consent.

Thankfully some local authorities prefer to take a precautionary approach.

Glastonbury Council decided in 2016 to stop using the chemical. It has been successfully removing weeds by using safe alternatives, prioritising the health of the community. Hammersmith and Fulham council also switched to using safe alternatives.

The village residents of Balerno, on the outskirts of Edinburgh, felt forced to take matters into their own hands in 2019. The residents now choose to safely remove the small strip of weeds outside their own homes, while waiting for Edinburgh Council to investigate alternatives.

Since ending the use of glyphosate in Balerno, they have noted that many ailments have improved and in some cases their chronic health conditions have completely resolved.

- ***https://www.pesticidefreebalerno.com/***

Peeling back layers of latest food tech

Product extends shelf-life of goods but at what cost?

by **STACY BUCK**

WHEN carrying out an initial internet search on Bill Gates-funded 'Apeel', it would seem that there is nothing untoward going on.

Apeel, as described by the Bill and Melinda Gates Foundation, is an ultra-thin edible coating on fruit and vegetable surfaces. Its purpose is to 'extend the shelf-life of crops without refrigeration and protect them from being eaten by pests.'

However, when looking into the ingredients of the Apeel coating – being promoted as the trendy new way to protect and preserve the fruit and vegetables on the shelves in our stores, we find monoglycerides and diglycerides listed among the ingredients.

What are those you may you ask. Well, they are emulsifiers, that's something that helps mix two things together like oil and water.

When taking a further look into the patent of this product, you can learn more about its manufacturing process, and see that they use solvents and then they put in a heavy metal such as palladium. They then put it under a high heat to make this partially hydrogenated product. It's a fat-like substance called trans-fats, and is known to be carcinogenic.

You will also find claims that there are also traces of cadmium, lead, mercury and arsenic. But it's below the legally allowed amount.

Where have we heard that before? Ah yes, the same way they get away with putting such ingredients in our drinking water and in many vaccines.

So these small amounts won't accumulate in the body over time? They've done those long-term studies, right?

There is a convenient industry loophole for this: they can do their own safety studies and submit them to the FDA (The U.S. Food and Drug Administration) to get them approved.

Trans-fats were once considered generally recognised as safe, until they found out they weren't safe! at all.

And half a gram of trans-fats should be rounded down to zero, according to the FDA's own website.

If something like this is classified as an emulsifier and not a lipid, which is a fat, then you are exempt from the FDA's 'ban' on trans-fats.

There is also controversy over whether Apeel is really a fungicide. Both the Environmental Protection Agency and the Organic Materials Review Institute say it is a fungicide. However, Apeel advertisements describe it as a 'coating'.

So how do we remove this coating? Well, in short, we can't. The only option is to remove the peel/skin with a knife; however, most of the vitamins and nutrition are in the skin of fruit and veg.

There have also been reports in the U.S. of apples being put out for local wildlife, including racoons, which remained untouched after the Apeel coatings were applied.

In February 2022, Tesco announced it was to trial Apeel in 80 of its stores around the Peterborough area. But were customers of those Tesco stores told that they were being guinea pigs? Was this clearly advertised to customers and adequately labelled? Of course not.

I suppose many people wouldn't even care, I mean if the last four years have taught us anything, it's that, tragically, the majority will trial any product, so long as their favourite celebrities or trusted media outlets tell them it's safe and effective.

USEFUL RESOURCES

- ***Bill & Melinda Gates Foundation committed grant: https://tinyurl.com/y69xnzvj***
- ***Everything you need to know about Apeel: https://tinyurl.com/3hseh73n***
- ***Gates-Funded 'Edible' Food Coating Gets Green Light: https://tinyurl.com/mr39ha39***
- ***Apeel - from the horse's mouth: https://tinyurl.com/beb5au7v***
- ***Is Bill Gates' Apeel Really Safe? https://tinyurl.com/4attbdwm***

1.6 million facing water fluoridation

by **STEVE JACK**

Treatment is thought to be causing illnesses and lowering IQ

THE water supply in the north-east of England is under attack, and the region's residents must fight back.

Many people in the North East still don't realise it, but a long-threatened day is now here: the Government has launched a public consultation on fluoridation of the region's drinking water.

This is the water, treated and supplied by Northumbrian Water, that should be potable, wholesome and health-giving. Instead, it will become poisonous through the addition of toxic fluoridating acid, a form of hazardous industrial waste, according to campaigners from the Fluoride Free Alliance UK (FFAUK).

The campaign, led by Joy Warren, who has been opposing water fluoridation since graduating with a degree in Environmental Science in 2002, is urging residents to learn about the dangers inherent in this government proposal, and to do everything in their power to stop it.

When it comes to protecting our drinking water, Joy doesn't mince her words. "Fluoridated water is compulsory, unlicensed medicinal water," she says. "This is an absolute scandal. Countless studies have shown that fluoridation is ineffective in addressing tooth decay, and can be very damaging to our health, as well as to the environment. Not only are cases of dental fluorosis higher in fluoridated children, there is also evidence of fluoride causing type 2 diabetes, hypothyroidism and a higher incidence of hip fracture."

A high-profile court case in the U.S. is currently assessing claims around fluoride's neurotoxicity, due to evidence that exposure to fluoride when in the womb – and when an infant is given baby formula made with fluoridated water – are key reasons for a reduction in children's IQ. Yet Joy warns: "The UK's Department of Health and Social Care have quietly pushed out this consultation online, hoping that hardly anyone will notice. They have made it intentionally difficult to respond to, and virtually impossible for those without access to a computer."

FFAUK points to the fact that, once people become aware of the dangers of water fluoridation, a clear majority are against it. And 80% of previous polls in England have opposed fluoridation by a majority of 90% or more, and every previous consultation has been opposed. But, as Joy comments: "People can't object to something they don't know exists. So our job is to increase the public's awareness of this insidious plan so they can make their views known. We need to act fast, though: the Public Consultation closes on June 17 and once it's over, it will be too late."

The campaign team members have been busy assembling information online, to help educate residents so that they can respond to the consultation. Their website – newfc.org.uk – offers advice and plenty of relevant information. For example, they point to the fact that 98% of European water supplies are non-fluoridated, and that the practice has already been outlawed in Scotland.

While only 10% of those in England currently have fluoride added to their water supply, and it's fully 40 years since the last fluoridation scheme was introduced to the UK, the Government now has the rest of the UK's population – 61 million – in its sights.

"They've been determined to start with the North East, for some reason," said Joy. "And they're now targeting 1.6m people throughout the region. It's vital for people to take action, to protect our water and our children's intelligence."

- ***For further information, please visit the FFAUK website:***
- ***ukfffa.org.uk***
- ***newfc.org.uk***

Seven habits destroying our youth

There's nothing healthy about alcohol, drugs and porn

by **NATHAN FRANCIS**

OUR modern society is riddled with chemicals, poisons, habits and distractions. Alarmingly, our youth of today are picking up these habits and chemicals much earlier than my generation – and I am 29 years old.

Here are seven habits destroying our youth, listed in no particular order.

Technology/video games

Look around you. It is everywhere and our youth are hooked and affected physically, emotionally, financially, spiritually and mentally.

Smoking/vaping

Our youth are being destroyed from the inside out.

Alcohol/drugs

Many influences from media to family play a part in the youth of today picking up a bottle and partying away their teens into their 20s and sometimes 30s. This is a vicious cycle. As alcohol becomes the norm they start to pick up drugs for another hit. There is nothing healthy about drugs and alcohol, even in moderation.

Porn/Onlyfans

Pornography is as old as the hills but free internet porn is a new development and people are being exposed to it at an early age. The risk is the poisonous effect on perceptions of sex, love and relationships. On top of that we now have Onlyfans where boys and girls are selling themselves as sexual objects. Porn is free and easily accessible. I wonder why? To target our youth and throw them off the path to becoming a better version of themselves.

People pleasing

Through the schooling system many young people are jostling for a position among a tribe – conforming and pleasing others in order to fit in and find their place. They may not like what the tribe is doing or saying, but they will conform anyway because it is familiar and feels safe to be part of the bigger group.

Comparing themselves to others

The influence social media have over our youth is astounding once you have the eyes to see. Our youth compare themselves to these "influencers" and they compare themselves to those around them. Whether it is a new phone or piece of technology or whether it is a body part, our youth are disconnected from themselves to a point where they do not like their own bodies.

Junk food/drinks

Fast foods and soft drinks are easily accessible, affordable and heavily advertised. They do not constitute a healthy diet and they are an important factor holding back our young people from fulfilling their potential.

Is there hope?

As a society we have become dependent on a system and all the entertainment that comes with it. We have simply forgotten who we are, why we came here and how to be human.

Our youth of today need something more meaningful and purposeful in their lives. Think about this for a moment without sadness or anger. Our youth are the future. They are the next generation coming through.

The cynical manipulators who orchestrate and profit from the destruction of youth are laughing their way to the bank but the hope comes from people waking up, levelling up and going back to the ways of our ancestors with a modern twist.

Be uncontrollable opposition

Finding truth is a never-ending journey to be embraced

by **BEN HUNT**

Photo: David Iliff

FRIENDS, can we agree it's time to put an end to the incessant backbiting and infighting in this movement? I'm sure you know what I'm talking about... X or Y or Z is 'controlled opposition', installed by the powers-that-shouldn't-be to distract us from The Truth and keep us fighting each other instead of... you know the script.

Let's call time on that massive waste of time, which generates more heat than light. In this month's column, I shall propose a way we can achieve exactly that. And the great thing is, you get to take it or leave it. Isn't it wonderful to live in a country where you are still allowed freedom of thought? (That is unless you live in Scotland; sorry about that.)

A few days ago I listened to a podcast with Ivor Cummins and Dr Shiva Ayyadurai. Frankly, it gave me chills, and not in a good way. Actually, I loved a lot of what Shiva had to say, but there was something about his demeanour that gave me the willies. Although many of the things he was talking about were music to my ears, some of the musical themes were discordant.

Dr Ayyadurai was talking the language of bottom-up community, empowering the individual, and building a new future. But the underlying melody seemed too close to 'I am the way, the truth and the life', as in, only *he* has the correct answer, and if you don't take his position, you're wrong.

That rubbed me up the wrong way (and that was reinforced when I got the chance to listen to Ivor talk live at a Buxton Freedom Hub gathering a couple of evenings ago). It was my gut that waved a little red flag, and I believe those gut signals are our friends. Am I saying that Dr Ayyadurai is 'one of them' or whatever? No, I'm not. What really matters is... I don't think that question even really matters.

This reminds me of one of my favourite quotes, which I included in my first ever Light Paper column, 21 months ago, from André Gide or maybe Voltaire (again, it doesn't matter): 'Trust those who seek the truth, mistrust those who find it.'

Friends, it is the search for truth that is important. I honestly believe it doesn't matter if we find it. The Truth, I mean. The ultimate, capital-T Truth.

It feels to me that it is not the purpose of the human experience to discover The Truth. We are living this life on Earth to seek. The beauty and joy and heartache of our lives are lived in motion, moving forwards, backwards, sideways, figuring it out, and doing all of that while bumping and bouncing off each other in harmony, in discord, having our boundaries bashed and bruised and our edges smoothed.

As Jesus said: 'Seek and you shall find.' What do we find? The Truth, the final, ultimate, boss-level Truth? No, not in my experience, and I bet not in yours either. We inevitably find that another layer falls away, and there's more to explore; more to discover.

We are not gods. We are aspects, facets, minor, imperfectly perfect expressions of the divine, and we are called to sing out our humanity, sometimes as a solo call to the cold morning air, sometimes in beautiful harmonies, sometimes in symphony.

Not knowing The Truth is the point of mysticism. It is also what science is all about. That's why I can express with some confidence that anyone who says, "The science is settled," or worse, "Follow the science," is either a charlatan sent to lead you astray, or a moron.

Let's not be people who say (or believe): 'We're right, and everyone else is wrong.' It is not about believing any Truth, but hearing the call of Truth, trusting that call and putting one foot in front of the other. It's about the journey.

Perhaps we can admit that The Truth doesn't really exist, or if it does it's beyond our knowing. We can admit that what we actually know, and what it's possible to know is far less than our teachers implied. And that's all okay, because knowing The Truth was never the point.

So what's the solution to the mutual suspicion game? When it comes to each other, how can we tell small-t truth from fiction? I don't know, and if I thought I did know, I know it's not my place to tell you what to think. But here's what works for me, at this point in time. I'm going to put it out there, in full acknowledgement that you're free to think I'm full of shit. Cool?

All we have to do is this: forget the messenger and instead read between the lines, look at the direction the message is pointing. It really is that simple. Here are some handy questions:

- Ultimately, what's behind the message? Freedom, love, and peace? Or technocratic control?
- Does it leave you feeling 'Yes, I can!' or 'What can I do? It's hopeless!'?
- Does it inspire positive grassroots action now, or tempt you to wait for salvation from above (a change of management)?
- Does it hold every individual's sovereignty as sacred, or urge submission of our rights 'for the greater good'?
- Above all... what does your heart tell you?

There is the notion that humans have a God-given ability of discernment. Your heart and your guts can help guide you, and those are instincts you can trust. Does it matter if you get it right or wrong? Does it matter if there even is a right or wrong?

I believe this may be the cure to division that threatens to spread like a cancerous rot through the movement and break our resolve before the time comes when we stand together in the truth... not the ultimate one, but the soft one that naturally and elegantly reflects what we all know in our hearts.

We are not the light-bearers of The Truth, leave that fantasy to the priesthood, the white-coats and the politicians. No, our truth is that we all belong on this Earth, and we are here to seek and play and build and lead together.

Our ignorance is not a weakness. It is part of our birthright; it's what makes us human, binding us together as one beautiful, messy, uncontrollable human race.

● ***https://theredpillrevolution.com***

Letters to The LIGHT

Love us or hate us, we are helping raise the level of debate in this country and across the world, so we welcome views from all perspectives, because the enemy of free thought and free speech is censorship and group-think. We are all individuals - let's have your thoughts! ***Please email: letters@thelightpaper.co.uk***

Dear The Light

The Israeli attack on the Iranian consulate in Damascus, Syria, on April 1 was an obvious attempt by the Netanyahu government to escalate its conflict with the Palestinians into a confrontation with Iran, hoping to draw in the U.S. and the UK with it.

The U.S., UK and France blocked a UN Security Council statement prepared the following day that would have criticised Israel for violating the sanctity of a diplomatic building.

Former U.S. Assistant Secretary of Defense Chas Freeman said: "Iran's counterattack was a measured, largely symbolic response, targeting facilities in the sparsely populated Negev Desert and Mount Hermon, which were directly involved in the Israeli breach of international law. It was a carefully calibrated warning by Iran, not an attempt to cause serious damage to Israel."

A Teheran-based academic said: "Iran's defensive attacks against a decade of Israeli cyber and military attacks on civilian targets and individuals in Iran were limited because Iran does not want to expand the war in the region."

Parliamentarians, who pretend it is Iran rather than Israel that is provoking an escalation of conflict in the region, misrepresent the facts to the public. Politicians who engage in deception should face the same penalties as any other profession.

Francesca Abbott

Dear The Light

As in the South Pacific song, I speak as 'a cockeyed optimist'.

I write to thank you for your paper, but particularly issue 43, which is superb in its content and presentation. Obviously some people will mock your motives, but that is fine - free speech matters more than anything I feel.

Oddly, the more awful truths that are exposed the more optimistic I become. We have to be aware of what is wrong before it can be put right and the more people being made aware by you and many others the nearer we are to dealing with it. Once the truth is out it

cannot be put back in the box and it will make you free.

The controllers, the puppeteers, have become overconfident as they sense success, but that could be their mistake. The tighter the control, the more urge there is to break free.

While there is a battle royale raging now between the forces of evil and good, the good force of light and love and everything positive will always triumph in the end because it is more powerful.

Although it is natural to talk about what is negative at the moment, I truly believe that we need a more positive and optimistic attitude, because, as you know, what you think becomes real, and negative talk creates negative action.

So... "I'm stuck like a dope with a thing called hope and I can't get it out of my heart, not this heart."

Sheila Attwater

Dear The Light

form a government.

He came back to Downing Street, stood in the middle of the road and told the British people what his plans for the country were.

Now I distinctly heard him say that he was working on a final solution for Adult Social Care. In other words, the plan was to bump off five to ten million people in the UK. Maybe he was relying on the fact that the British people have been so dumbed down over the last 50 years as to be incapable of understanding anything they're told, but at the end of the day, he told you all what he was about to do, and then he went ahead and did it.

An outstanding example of British leadership on the world stage.Well done, Boris!

Paul Downey

Dear The Light

I wish to strongly refute the notion that the British public are being lied to. After Boris Johnson won a landslide general election in December 2019, he went to the palace and the Queen asked him to

Weymouth's lady mayor writes that she has attended Carbon Literacy Training (CLT) according to *Register Magazine*, April 2024.

Regional and local councillors worldwide are encouraged to attend CLT courses or their equivalents. Such 'training' is encouraged by the International Council for Local Environmental Initiatives (ICLEI). ICLEI is one of the many ingredients in the United Nations system's acronym soup of bureaucratic organisations.

ICLEI's website informs us that the United Nations Climate Action Summit was held in New York in September 2019. The aim of that conference was to scale up action on climate change via local government. ICLEI wants to 'drastically reduce and sequester greenhouse gas emissions.'

As local government has a much smaller voter participation than national elections, might that policy aim to bypass and weaken accountable national sovereignty?

Interestingly, why does Google fund ICLEI?

Professor of geology, Ian Plimer, wrote that whether climate is viewed from a historical, archaeological or geological time perspective, climate sensitivity greater than 1.5 degrees centigrade has been a robust feature of the Earth's climate system over the last 420 million years.

If it is acknowledged that there have been rapid large climate changes before industrialisation, then the human production of carbon dioxide (CO_2) cannot be the main driver of climate change. The evidence is overwhelming that another mechanism or combination of mechanisms drives climate change, such as variations in solar activity, radiation, and oceanic and terrestrial processes.

This being the case then, the whole purpose of the United Nations' International Panel on Climate Change (IPCC) ceases to matter.

One infamous 1998 paper from Michael Mann, R.S. Bradley and M.K. Hughes in Nature magazine 392: pp 779-778, featured the infamous 'hockey stick' graph which attempted to rewrite the climate record, leaving out the awkward Little Ice Age and the Medieval Warming period, and attributing CO_2 from industry as the only driving force of climate change.

Jungle Book author Rudyard Kipling helpfully wrote: 'I keep six honest serving-men (They taught me all I knew). Their names are What and Why and When and How and Where and Who.'

Robert Theobald

Dear The Light

Joe Biden's $1.3 trillion program to develop 'more usable', 'low intensity' 'pre-emptive' nuclear weapons to be used on a 'first-strike basis' against both nuclear and non-nuclear states as a means of 'self-defence' is what is driving the nuclear doctrine which currently prevails in NATO's confrontation against Russia.

Western leaders are in unison saying there is a need for NATO to wage war against Russia on behalf of the Neo-Nazi government of Ukraine. For what purpose?

America claims this is 'to ensure our national security' while UK government puppets like Boris Johnson and David Cameron invoke Churchillian rhetoric, claiming it to be about freedom when neither could be further from the truth. Attacking Russia is not self-defence, in the same way that Israel's indiscriminate slaughter and destruction of Gaza is not self-defence.

The only outcome of this doctrine will be a conflagration that leads to worldwide depopulation, dwarfing that of the covid bioweapon plan.

I feel that our energies are being drained by focus on too many irrelevances and diverted by less important issues. What is needed now is a mass anti-war movement, as we had against Tony Blair (Iraq) and the siting of U.S. nuclear weapons in the UK (Greenham Common) that mainstream media cannot ignore.

Roland Gilmore

THE LIGHT RECRUIT

Based in **Birchington, Kent**, Reclamet is the leading dismantler of automotive parts. Due to rapid expansion over previous years and with plans to continue this growth further in the future they are looking for:

Metal Shed Operative: (REC001)

Office Manager / PA: (REC013)

Panel Beater: (REC014)

Yard Operative: (REC015)

Warehouse Operatives: (REC016)

Parts Advisor: (REC017)

Make Ready Driver & Warehouse Operative: (REC007)

Vehicle Purchasing Administrator: (REC008)

Bodyshop Administrator: (REC010)

HGV Class 1 & 2 Vehicle Recovery Driver: (REC018)

RECLAMET

Ref: REC001 - REC018

Trainee Holistic Dental Nurse

Southampton

Dr Elmar Jung Dental Clinic pride themselves on their unique holistic, biological, and integrative approach to oral health.

They are currently looking for a Trainee Dental Nurse to join their dynamic team.

In house training is provided and the candidate will also be enrolled on a dental nursing course.

Ref: EJD001

Creative and eco-conscious Volunteers

KAVITAT is a holistic solution for resilient, adaptable, and eco-conscious construction.

They are looking for creative and eco-conscious individuals to volunteer their skills and expertise in production engineering, IT, marketing, fundraising, investment and networking.

Ref: KAV001

Full job descriptions are available on our website, www.thelightrecruit.co.uk.
To apply, please email a copy of your CV along with the reference number of the job you are applying for to info@thelightrecruit.co.uk

www.thelightrecruit.co.uk info@thelightrecruit.co.uk @thelightrecruit

Dr Elmar Jung Dental Clinic

Uncover the Untold Truths of Holistic Dentistry:

More Give-aways

Dr Jung's E-Book Bundle

Go to our website, chose the bundle, type in *FreeEbooks* at check-out, go to your inbox, and download your freebie!

Valid until the end of May '24

Want to Discover more?

Read Shut Your Mouth and Open Wide
by Dr Elmar Jung
https://tinyurl.com/msanyfz4

Review the library of podcasts under Elmar's Tooth Talk - The Missing Link To Total Health
http://tinyurl.com/2s4eh8rk

+44 7852 434 900
pa@dr-elmar-jung.com
www.dr-elmar-jung.com

Dr Elmar Jung Dental Clinic • Mountbatten Business Centre • 14 Millbrook Road East • Southampton• SO15 1HY

SELF CONTAINED STUDIOS TO RENT IN SOUTHPORT

Single £600 pcm – Double £700 pcm

Here at the Pheonix, we are keen to build a happy, free community of sovereign, independent people under one roof in this wonderful secure Victorian House

£500 Deposit

Minimum stay 3 months

Call Gordon: 07522483591
Email: Pheo@thepheonix.co.uk

3 Naturally Reared Labrador puppies looking for loving family

We raise our bitch in a holistic way meaning no chemicals in, on or around her. No vaccines. No wormer. We regularly worm count and treat only if detected. Weaned on raw food. Puppies will be sent home with some raw food, worm count kit, natural treats and information pack. Mum can be seen with puppies. Ready for their new home end of May.

From £850 to £950. £200 deposit required.

Call/text Becky on 07816825391 for more info.

QUANTUM HEALING HYPNOSIS

& SPIRIT RELEASEMENT THERAPY

"Cannot recommend this enough... Mind-blowing!"

Client testimonial

Healing for Mind, Body & Spirit

Online or face-to-face treatment

Sharon Mason

Quantum Healing Hypnosis Practitioner

IPHM accredited

www.sharonmason.co.uk

FREEDOM OF SPEECH?

Western Empire and the Great Reset

SPEAKERS

NIGEL MOHAMMED
Podcaster / Speaker / Teacher
LAURA RIMMER
Nutritionist / Health Coach / Speaker
MIKE ROBINSON
of UK Column
SANDI ADAMS
Speaker

WHERE

THE STEYNING CENTRE
Fletchers Croft
Steyning
West Sussex
BN44 3XZ
For SatNav use BN443YL

£5

Through PayPal

Click here to book in advance only - Max 60

www.lifequesttruth.com

BUS ROUTE

Take: **700 COASTLINER**
from: ***Brighton to Shoreham-By-Sea***
then: **2 or 2A** *from* ***Shoreham-By-Sea - High St***
to: ***Shooting Fields - Steyning***

DATE

Saturday 11th May 2024

TIME

10.30 am TO 4.30 pm

MORE INFO

- Bring your own lunch
- Parking £1.70 (upto 4 hrs) - 80p p/h after 4 hrs

Contact : Revelation1v8@protonmail.com

The Trust Works

All Rights Reserved in Trust Under God

Settle Your Property into Your Own Private Trust. That way You will own Nothing, Control Everything and be Very Happy about it! **What You don't Own, Can't be taken away from You.**

www.thetrustworks.co.uk

Legal **BRIDGE TWO LAW** Lawfull

Save thousands in court fees and quicker results by lawful mediation

Mediation • Family - Contact Agreements • Property - Shares • Negligence Claims • Planning - Appeals • School Admissions • Power of Attorney • Fire Arms Appeals • Insolvency Actions • Court - Support • Unregulated Lawful Advice • Compensation by Donation • Legal and Lawful Knowledge Shares • Commercial and Common liens.

07950-600-573

hannahbader@protonmail.com

MKT CONTRACTORS

RELIABLE PROFESSIONAL CONTRACTORS

- **Internal and External House Installation and Refurbishments**
- **Project Management & Maintenance • HMO's**
- **Property investment opportunities • Joint venture opportunities**

We specialise is adding value to your property whether rented or residential we can get you the highest potential return in the current market.

With other 150 years of combined experience through out the team we are sure we can help with your every need.

07435 094993

MKTContractors1@outlook.com

Covid CBDCs
Climate Crisis
USA Crisis
Great Reset
5G UN-WEF etc

We trawl the web so you don't have to

https://www.freecitizen.uk/

Free Citizen UK

ALMA VALLEY HEALTHCARE

PROFESSIONAL CARE WITH COMPASSION

HOME CARE YOUR FAMILY WILL LOVE

EMPOWERING YOUR INDEPENDENCE

Alma Valley Healthcare provides a range of support services, from assistance with day-to-day tasks to complex care. Our trained and attentive staff offer customised care, all from the comfort of your own home, from one hour each day to live-in care.

Your requirements may change. This is why our services are adaptable every step of the way and you will receive the highest standard of service while under our care.

OUR HOME CARE SERVICES INCLUDE:

- Palliative Care
- Cancer Care
- Live-In Care
- 24H Care
- Alzheimer's and Dementia Care
- Complex Care
- Specialist Care
- Mobility
- Leisure Activities
- Companionship
- Personal Care
- Shopping and Daily Routines
- Housekeeping
- Accompanying to Appointments and Transportation

OUR LIVE-IN CARE

With Alma Valley Healthcare's 24-hour live-in care service, a healthcare assistant or support worker can move into your home with you to provide a bespoke care service, supporting you to remain independent in the comfort of your own home. Offering a personal one-to-one service that is tailored to the needs of each individual.

0239 307 1503

Email us at: homecare@almavalleyhealthcare.co.uk
www.almavalleyhealthcare.co.uk
193 Fratton Road, Portsmouth PO1 5EU

---

the dementia pioneers

Can I do anything to prevent dementia, or slow down the decline or possibly even recover lost abilities? Yes!

The **Root Causes of Dementia** (including the Alzheimer's type) are now well researched and documented, but most people are still unaware of them. For topics related to dementia prevention, root causes and recovery, scan the green code above or visit:

www.dementiapioneers.uk

If *you or someone you know* is experiencing **brain fog, cognitive decline or memory loss, don't give up - learn about the many causes and feel empowered to take charge of your health!**

Garuth Chalfont, PhD studies the **root causes of dementia.** Scan the purple code to 4 workshops he made with the **People's Health Alliance.** Link: **https://payhip.com/b/o7Eq2** You will be asked to pay a donation of any amount which helps support the **Dementia Pioneers** and the **People's Health Alliance.**

These talks cover **modifiable factors:** Toxins, breathing, sleep, trauma, stress, emotions & beliefs, infections, diet, movement & exercise, nature, light, grounding and stimulation.

The People's Health Alliance — PHA

EMAIL dementiapioneers@proton.me

Dementia Pioneers CIC

Registered Company #7997824

SCAN ME

KNIGHTS BULLION

Shielding Your Wealth — Protecting Your Future

Be Your Own Central Bank

Central banks have increased their gold holdings by **200%**
Q1 2023 - Q1 2024, the highest on record

As a Bullion Exchange we offer excellent rates on the liquidation of all precious metals and scrap gold & silver.
Knights Bullion are trusted suppliers of The Royal Mint, Metalor and Umicore products, giving you the assurance of authenticity.

Sponsoring The Uncensored Truth **TheLIGHT since 2021 and continuing our support throughout 2024.**
We are also proud to be sponsoring the Stand in The Light festival.

01789 266595

www. knightsbullion.com • chris@knightsbullion.com • 42 Wood Street, Stratford upon Avon CV37 6JG

ONLINE WORKSHOP SERIES

With:

CONTRIBUTORS OF DEMENTIA AND HOW TO ADDRESS THEM

THE DEMENTIA PIONEERS

PART 1 - Detox, Emotion & Trauma and Infections
PART 2 - Nature, Light, Movement and Grounding
PART 3 - Sleep, Breathing, Breathwork and Meditation
PART 4 - Nutrition, Gut-Brain Connection & the Vagus Nerve

BOOK NOW
www.the-pha.org/resources/workshops/

PHA

GRANDER WATER REVITALISATION

A Quality Water Solution for the Whole Family

"When we drink Grander Water, it is as if we are refreshing ourselves from a pure mountain spring"

Water & Family Health

Water loses its natural energetic potential when treated with chemicals and pumped through pipes over long distances, causing water to becomes damaged, stagnant less vital and flat to the taste, loosing its natural health giving properties.

- **Choose to have a vibrant healthy water flowing from every tap in your home**
- **The taste and quality of bottled water straight from your tap**
- **Scientifically proven to reduce scale, increase microbiological stability and save on heating costs**

Table top systems from £225 & £1,161 for single tap systems to standard house systems with up to three baths prices from £3,980

WATER IS OUR STRENGTH

GRANDER WATER

Sales Office t: **0333 390 9479**
e: **waterinfo@granderwater.co.uk**

www.granderwater.co.uk

MAY 24 - 27

Stand IN THE Light

The Uncensored Truth TheLIGHT

A STAND IN THE PARK

£60 For 4 Days All Inclusive!

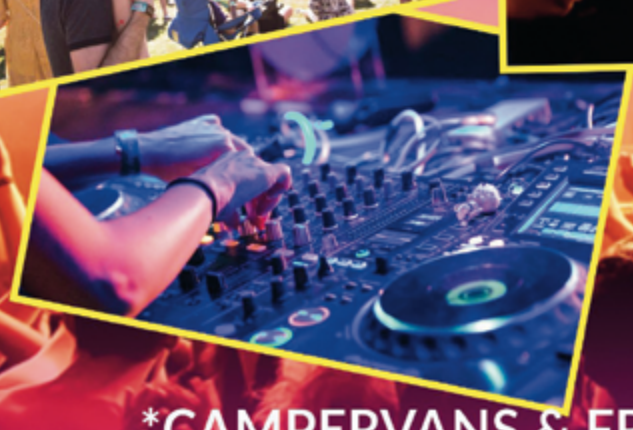
4 DAYS OF MUSIC AND GOOD VIBES

DANNY RAMPLING · MOBIUS · LOOP · Out of Karma · THE DAZ BAND · THEE DEADTIME PHILHARMONIC

MARK DEVLIN - GUYDENCE - RYAN SANDERS - PETER CONWAY - MISS VIXEN - DAZ SHAW
TOMMY COYLE - MOONJUICE - MEW3REE - ROGER HUBBARD - CHARLOTTE SOPRANO - DAISY MAE
OMNIVIBES - TOM PROWSE - GEMMA LOUISE DOYLE - JOANNE LOUISE GRIFFITHS - INDIGO VEIL
THIS MACHINE KILLS ARCHONS - DANIEL WILLIAMSON - TREVOR JOHN - CHRIS CROOKES
DJ NOS - B-LOVE & DUTTYMONKEY - ROB DOWNEY - CHARLIE PARKER - ANDY H

CHILDRENS ACTIVITIES WITH HOPE SUSSEX COMMUNITY

QUIET CAMPING · STALLS · FOOD VENDORS



CAMPERVANS & FRIENDLY DOGS ON LEADS WELCOME

PICA nr. WORKINGTON, LAKE DISTRICT - www.standinthelight.uk

This Light Paper is distributed by: